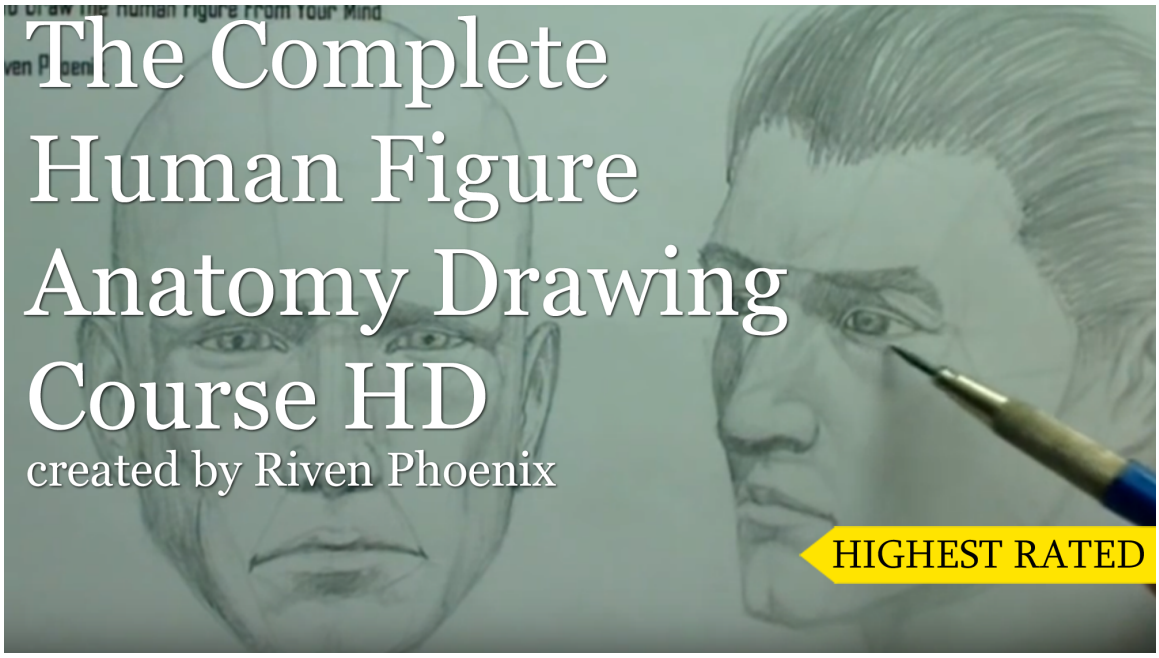

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 176 - The Muscles of the Pelvis & Leg - Part 10

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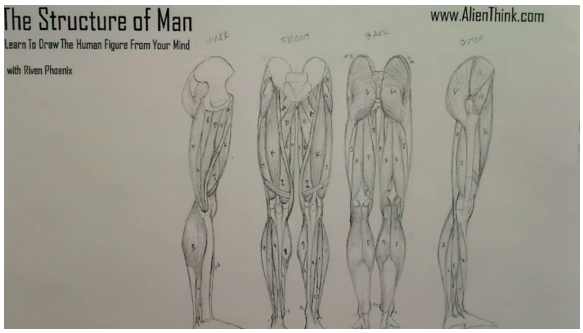
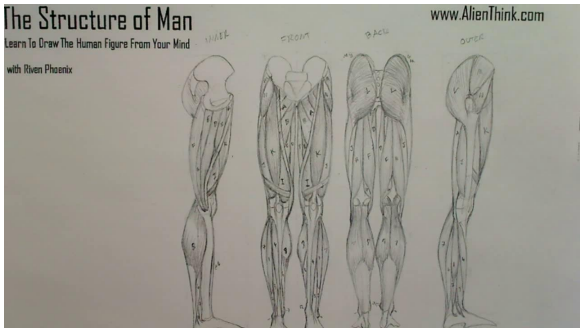
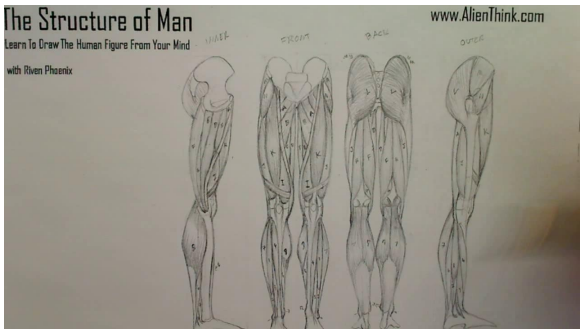
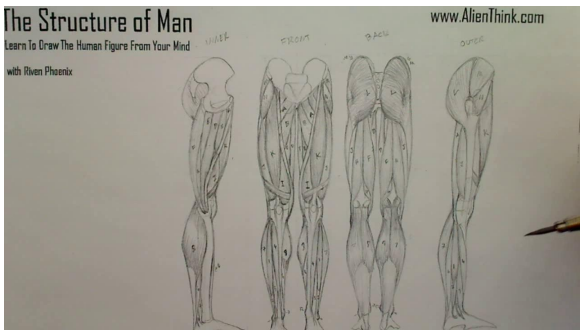
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the human figure from your mind training course.
2		Okay, so in the previous lesson we had wrapped up in understanding all the muscles of the legs, so pretty much we have now conquered the entire human figure.
3		Right, the only thing really left is the foot and which is very going to be very easy.
4		So here we can really get excited about this because now we're getting very close to achieving our state and that we have said that when we started out with the simple process of that invention, they want what that we wanted to end up into that high state of thinking about the human figure.

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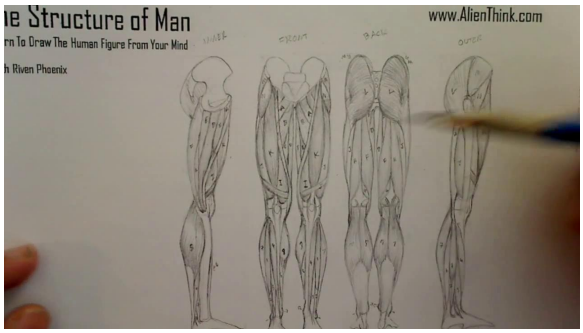
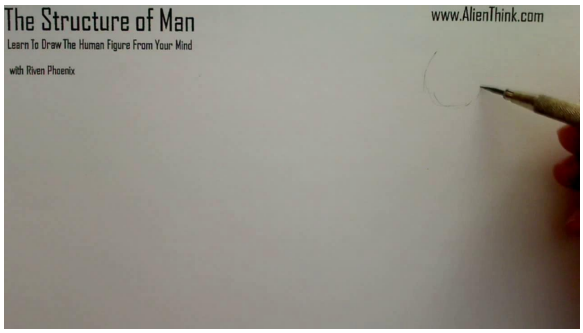
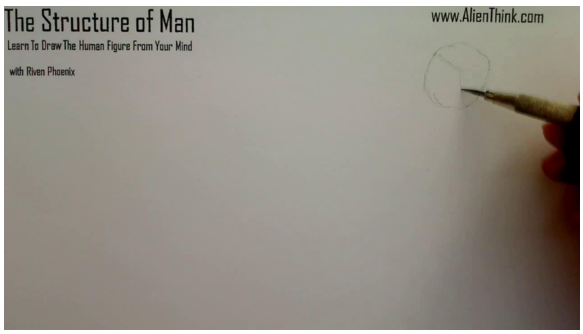
5		So now we're going to look at, okay, well with all this information here, how easy is this going to be and you'll see that it's going to be very easy is just going to take a little bit of thinking about what's going on.
6		So what I'm going to do is to understand this, what we need to do is actually draw out, let's say here I'm just going to first draw out just like a basic shape here first.
7		Right, so let's say that this is the hip joint, right, so we have to imagine this like our mannequin system.
8		Right, so we said, okay, right, in our idea for the mannequin system, it's really just going to be this and then I'm going to get like an underwear system over here.

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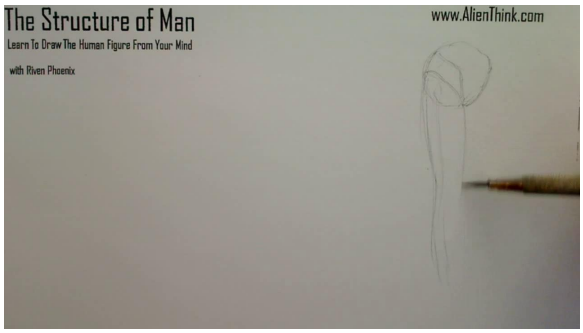
9		Right, he's going to be very a very simple concept over here and then from here, we can just say that, okay, well, what we want to do is let's say create a leg over here.
10		We're just going to put down this idea for the leg like this, let's say, okay, so he's just going to be standing like this over here.
11		And here we can just be fluid with this idea first.
12		Right, and then we'll like fix them up. So here we know that, okay, well, this leg is going to be kind of coming in this way.

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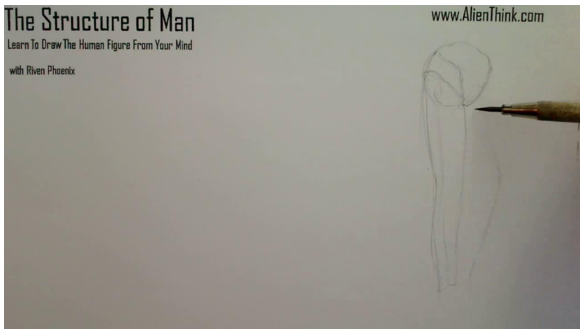
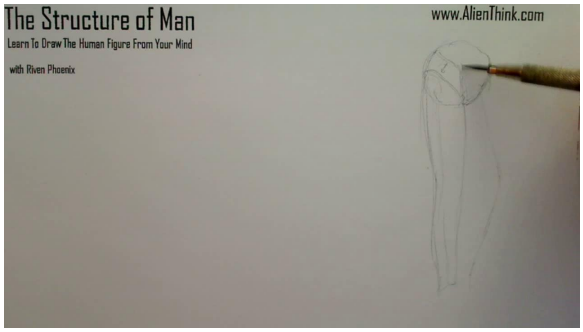
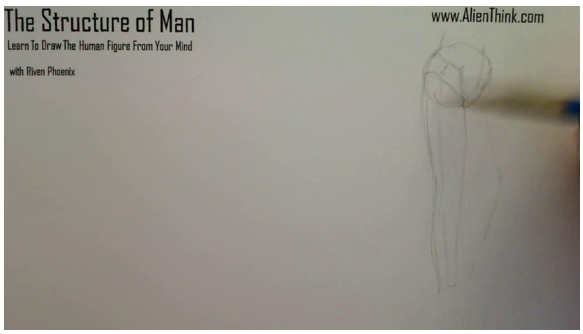
13		Right, so here we know that right, the in the underwear system concept, right, that is, that is like the very important concept that we said that this, this space here much exists because what's going to happen.
14		This is the love handles and over here is going to be about where your belly button is, right?
15		So your your back is going to be going this way.
16		So we know that right, we just understood about the botox that the buttocks would have to come almost down here.

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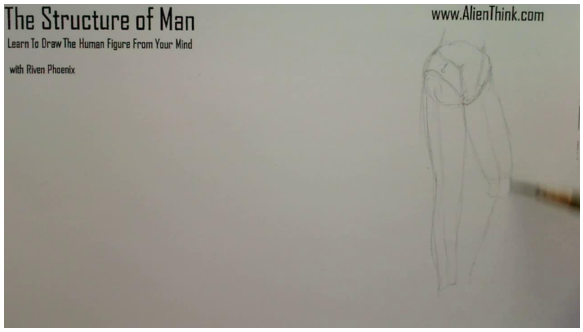
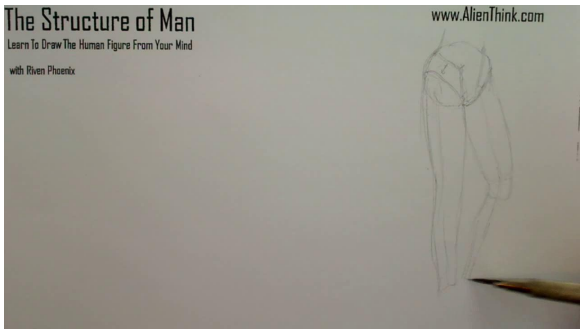
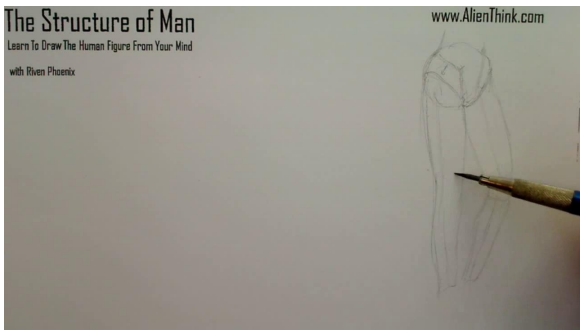
17		Right, so over here, I'm just going to put down just these simple concepts first, say that, okay, well, this is going to be like basically where my knee is going to be.
18		So here I can even break this up like this and then start to go down in this way.
19		Right, so the first thing is just understanding this concept.
20		Right, so we know that right, we can just understand where the knee is going to be like this.

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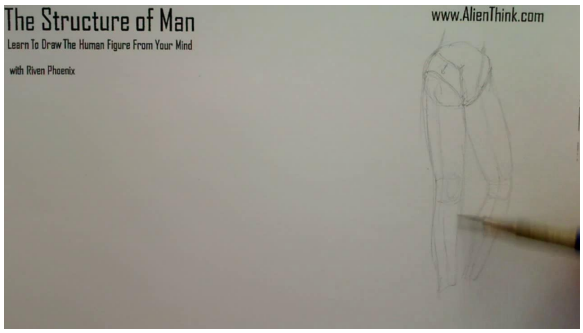
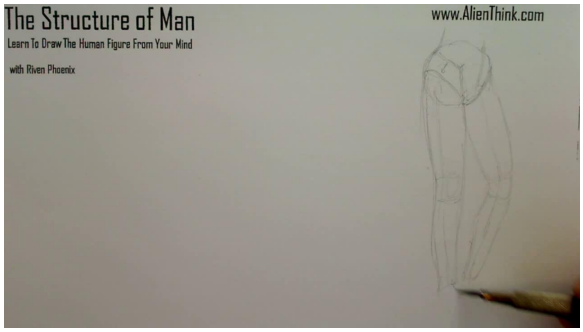
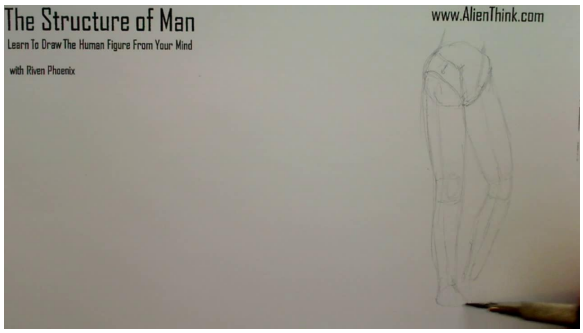
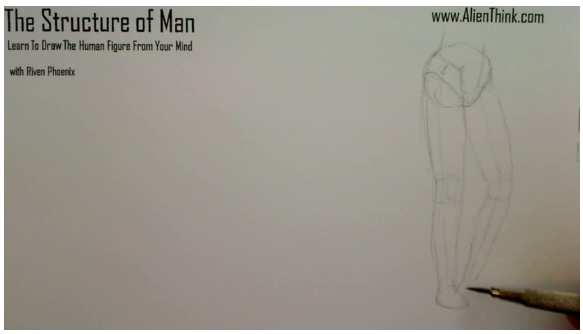
21		Right, so once we get this, so essentially draw out this foot here.
22		So let's say the okay, well, what I want to do is just draw out this foot over here like this.
23		Right, so he's going to be like coming towards us and we'll fix him up later.
24		We just need to get get this stuff down conceptually over here.

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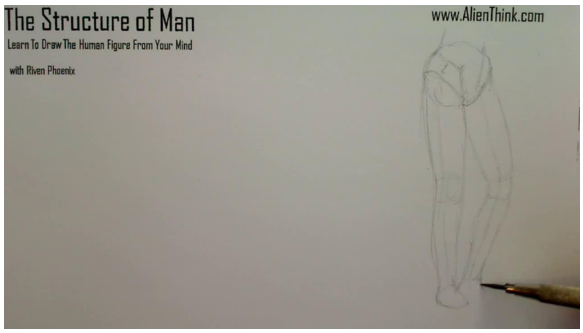
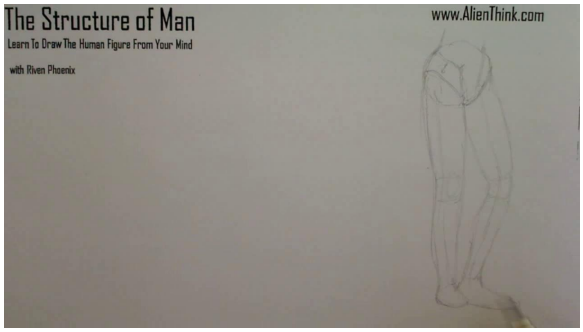
25		And then over here, I'm going to get pretty much like an idea here for the foot.
26		Right, so for this foot, I'm going to make it go like this because we have to look at the volume.
27		Right, so for this foot here, we wanted to come in more in perspective.
28		He's going to be kind of more like this, so his little fingers are going to be like this over here.

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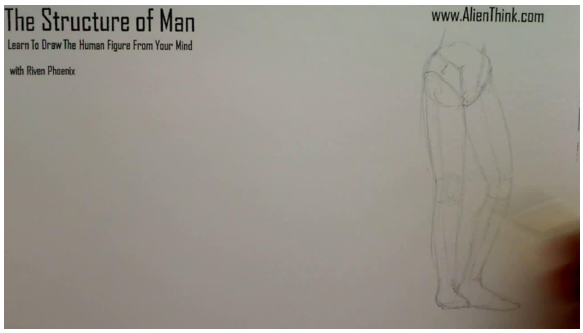
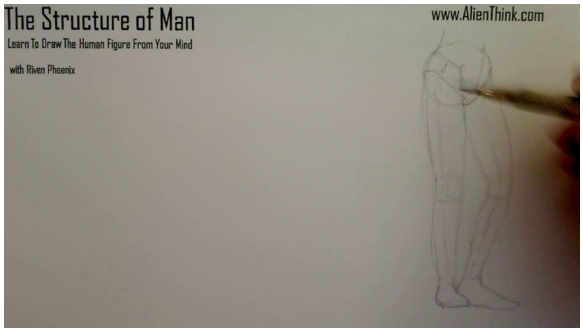
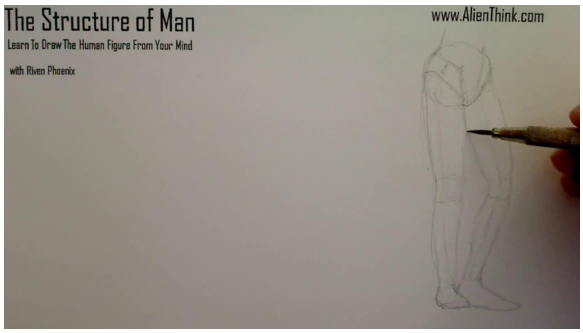
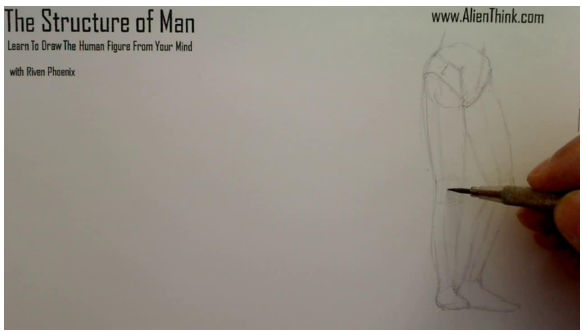
29		Okay, so that's the first concept to get down.
30		So once we have this, now we can start to understand, okay, how do we figure out the whole muscle structure that we just came up with?
31		Well, it's going to be very easy because you know that the okay, well, the knee is going to be here.
32		And then the knee is going to be here.

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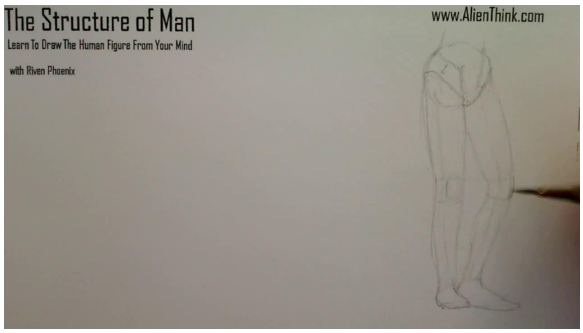
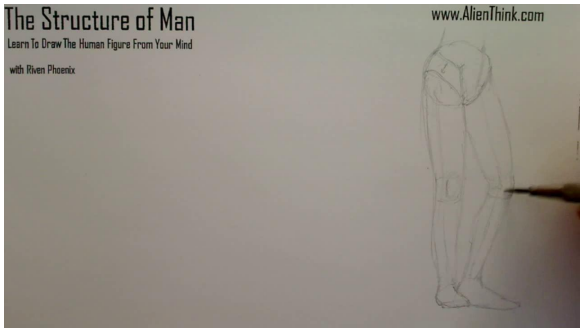
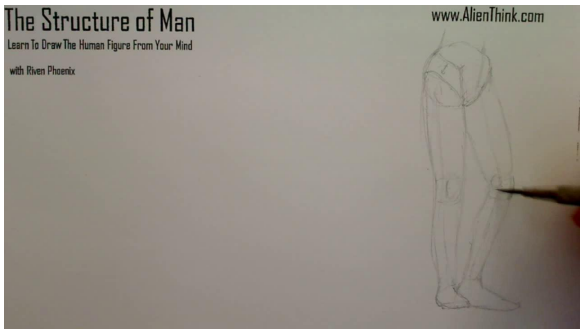
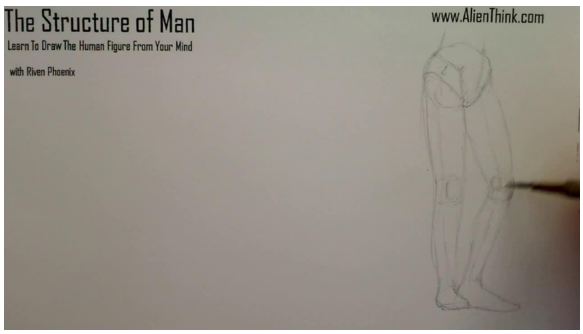
33		Basically, we just need to understand that right here, the division for this is obviously going to be that the femur is going to be over here.
34		Right, so in the idea for the knee sense, you should understand that the femur is going to be pretty big.
35		Right, and the TBI is going to be big. It's not going to be small bones.
36		So they're going to be pretty hefty. They're going to be hefty bones.

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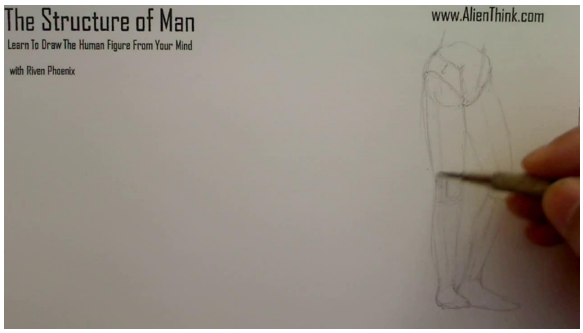
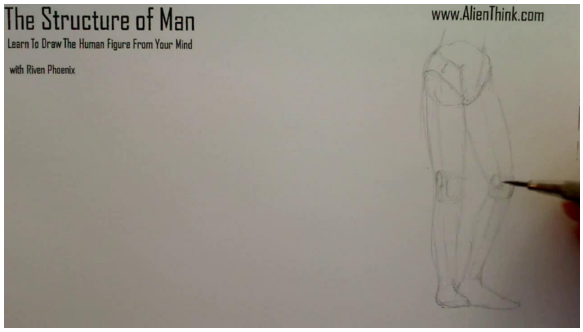
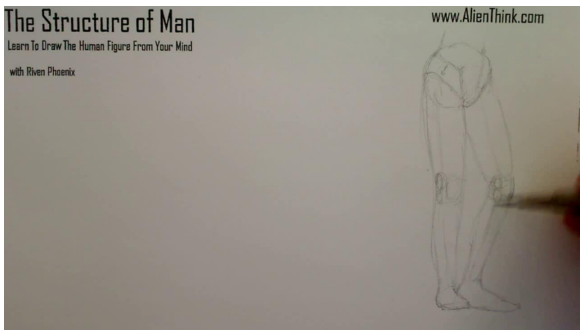
37		Right, so here we'll say that, okay, well, this is where the femur is and this is where the TBI is.
38		Right, put at least like these two circles to understand.
39		That's what's going on. You don't have to always do this here.
40		Since this is our first time I'm going through this process, we're going to be a little more investigative about it.

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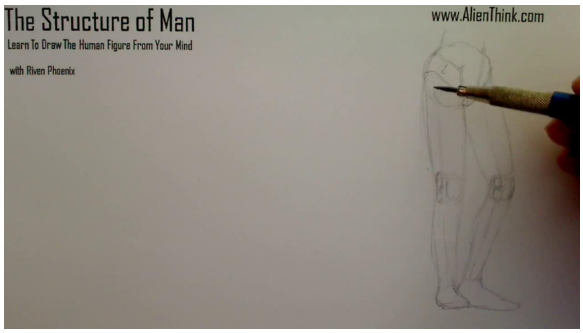
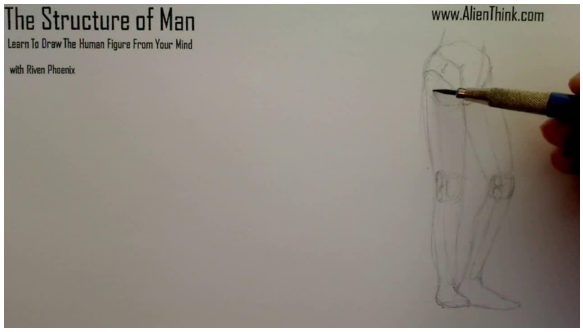
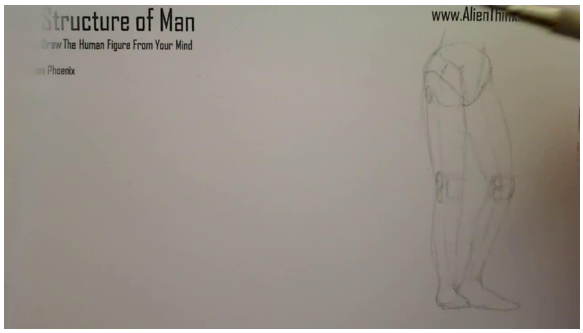
41		And over here we can just know that right over here in our mannequin system, if you look at the original mannequin system that we had done when we created it,
42		here we can just say that, okay, well, about here is where that joint for the femur is going to be.
43		Right, so in the mannequin system, it allows us to understand, allow us to understand the muscles structure very fast.
44		Okay, so here I'm just going to erase some of these lines so we can start to put the muscles.

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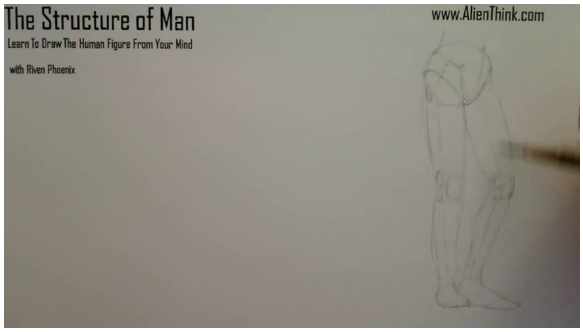
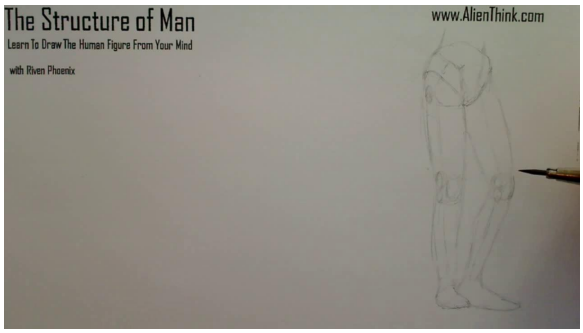
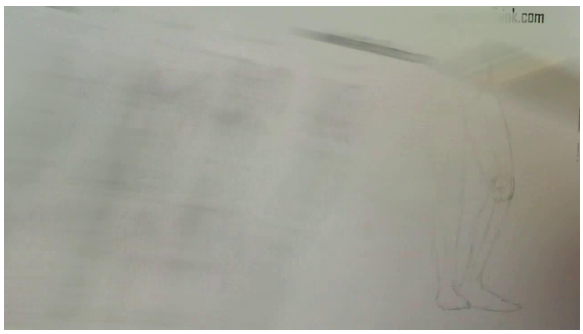
45		So really you can just start out with any muscle over here.
46		So here I'm just going to start out with the muscle number I.
47		Okay, so muscle number I is this guy right here first.
48		Okay, so we know that in the eye muscle that here I'm going to get the knee.

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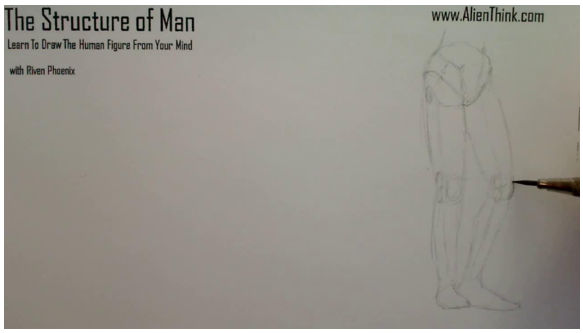
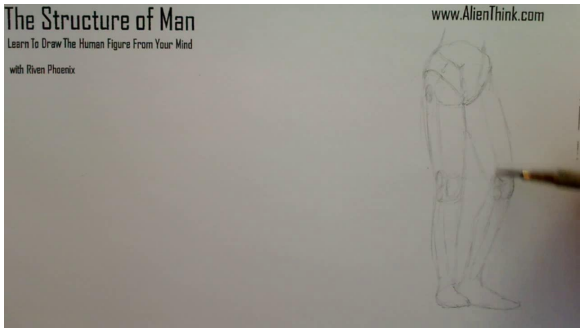
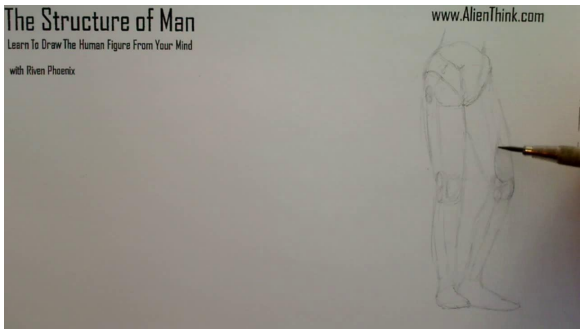
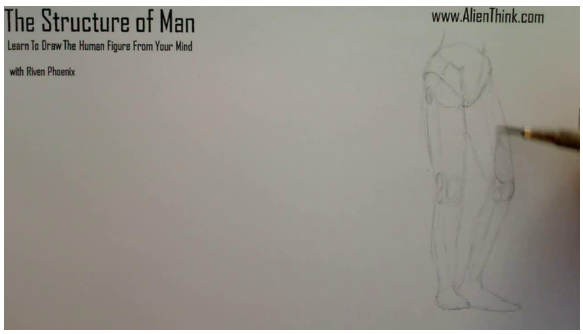
49		Right, I know he's going to be fairly close.
50		So here I'm just going to say that, okay, that this muscle is going to be like this because I know he imagined that this is the femur over here.
51		And this muscle we know that he wants to go all the way up in there anyways.
52		But when he was going it in that direction, we know from here we're going to get that string idea.

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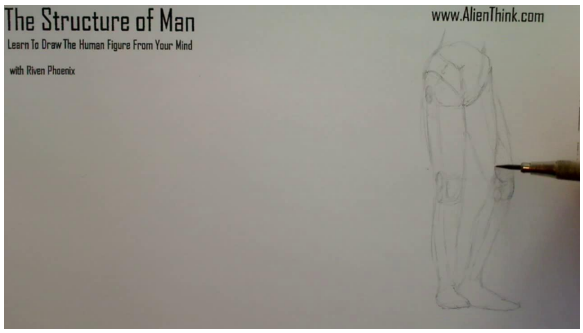
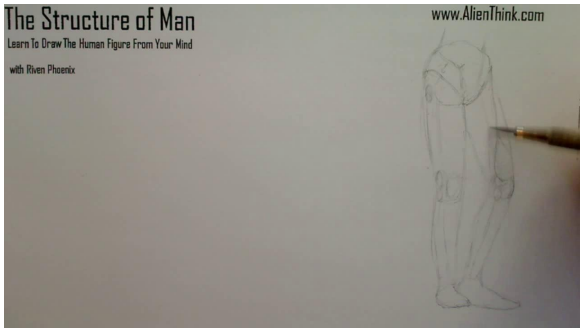
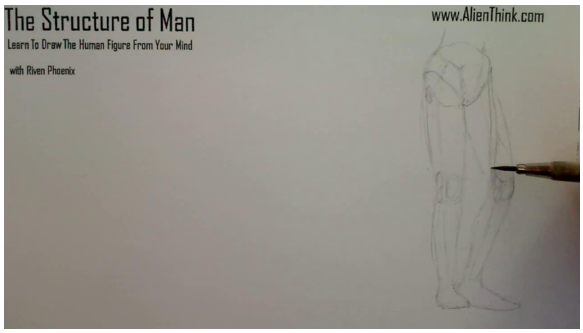
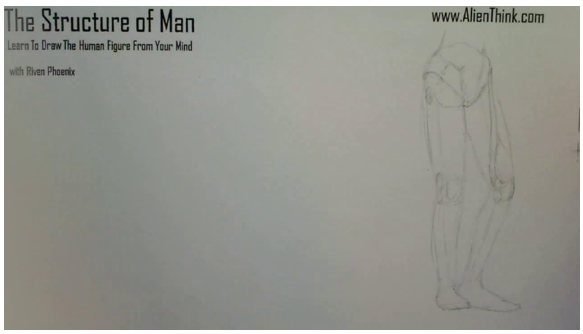
53		And this is where we have to now start to think in 3D.
54		And here's that string that comes right in between them.
55		Right, and we know that he's going to just end up over here.
56		We're talking about this long string over here.

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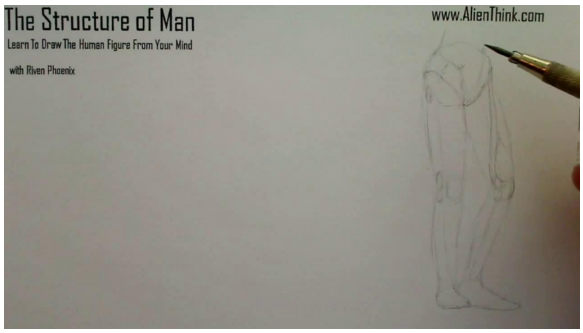
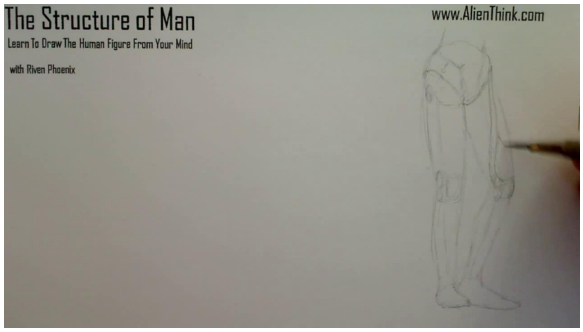
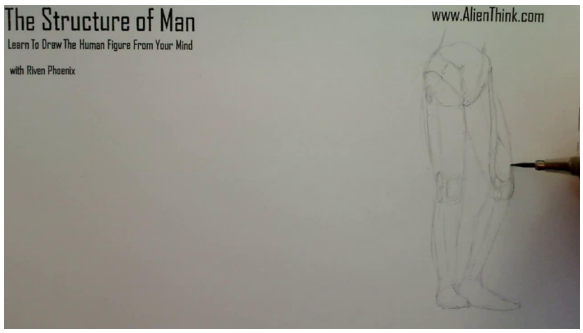
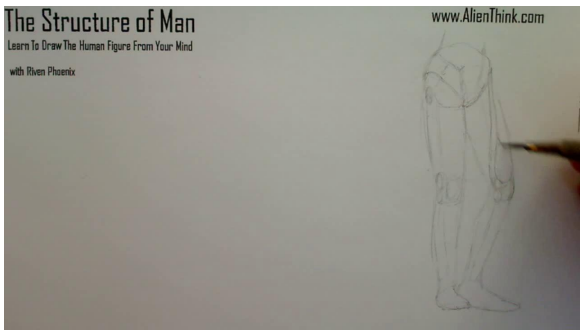
57		Okay, so now we come up with, okay, well this is easy.
58		We already know that, okay, we got to think in perspective that he's really facing this way.
59		I know that I is there.
60		So now I know definitely that K is going to be here.

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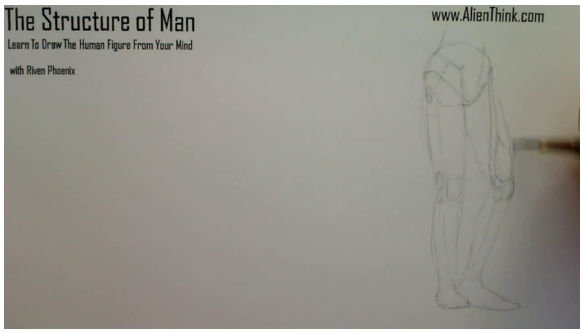
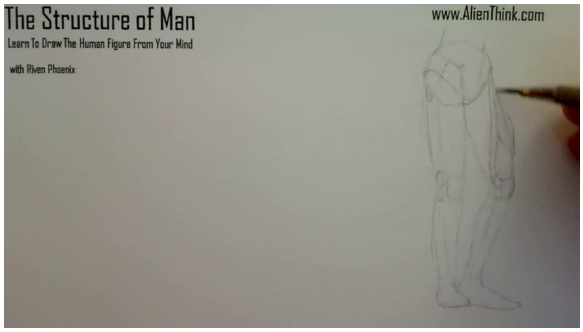
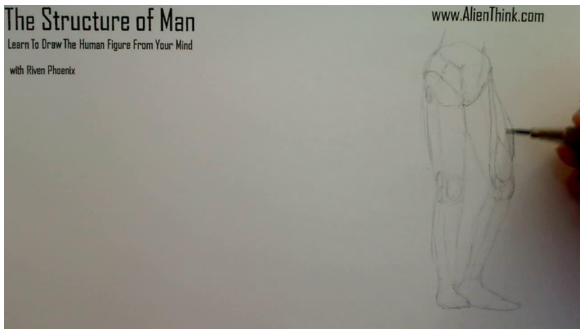
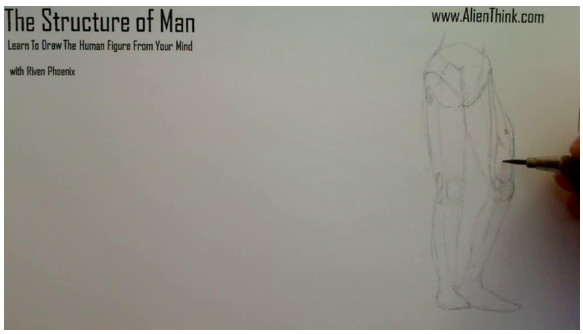
61		So I'm going to make K a little big over here.
62		Right, so this will give me the ability to put K like this.
63		So this is K.
64		Okay, this is I.

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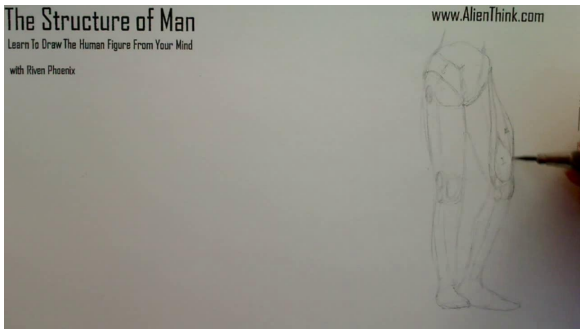
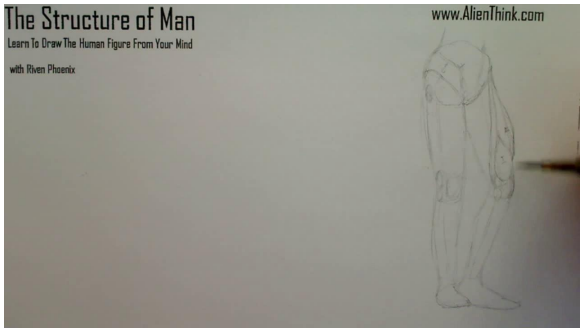
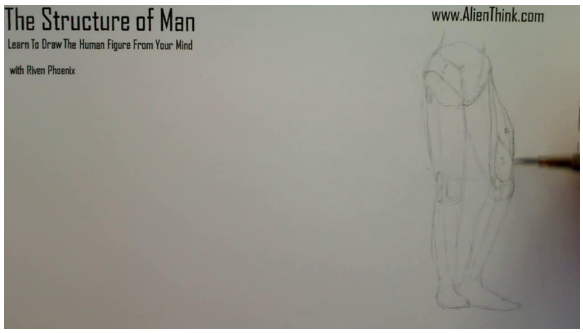
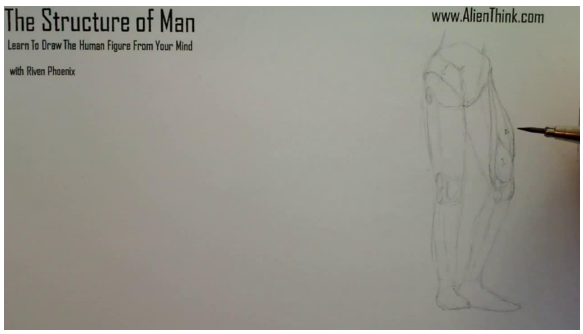
65		So you can see how quickly we were able to do this over here.
66		So the other guy is J.
67		Now the J, we were not going to be able to see because we know he's completely on the really more on the other side.
68		And how do we know this?

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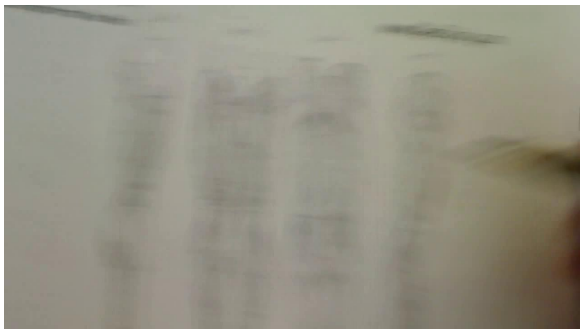
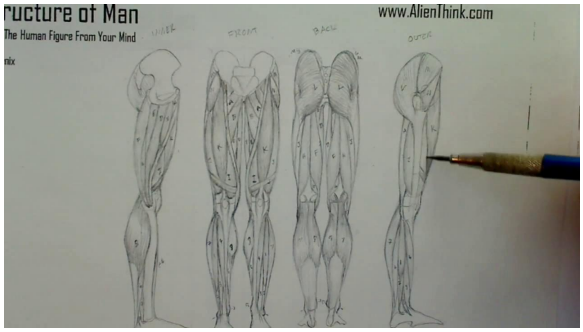
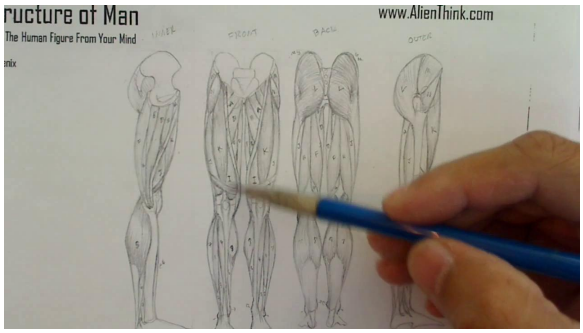
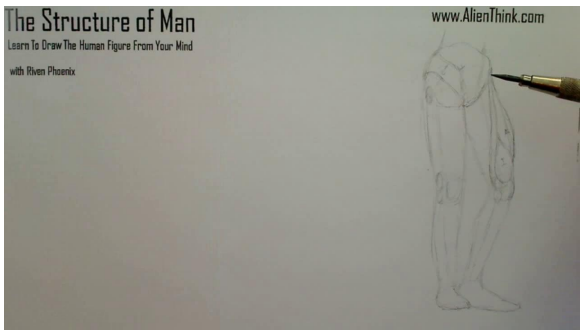
69		Well, if we look at this over here, you can see that look where J is almost in the back over here.
70		And he's kind of more flatish, right?
71		So he's going to be more upfront in here, just like this.
72		Okay, so here I'm just going to actually keep these here so I can just refer to them quicker with you over here.

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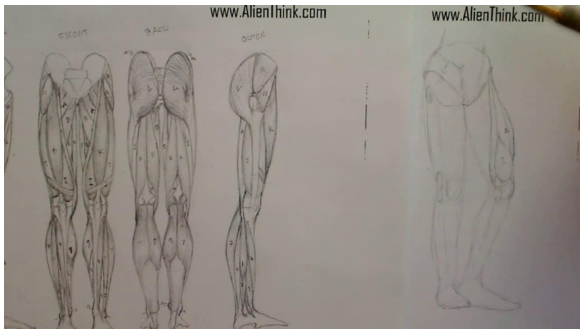
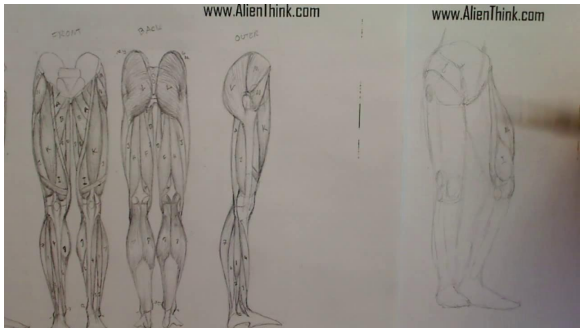
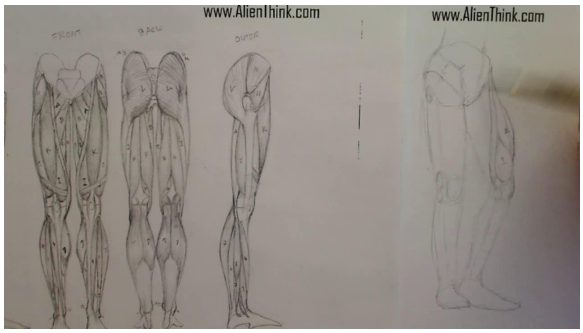
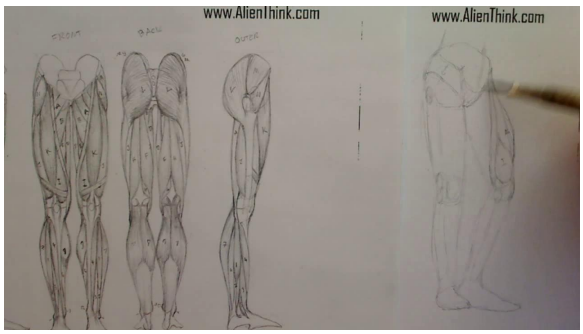
73		Okay, so here I've got these muscles here.
74		So who comes in next?
75		Well, we know about the string system.
76		We know that the string system is going to be here, right?

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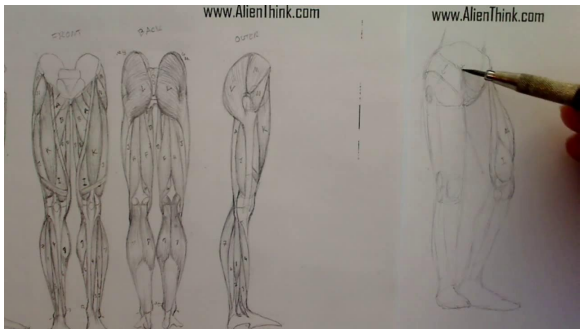
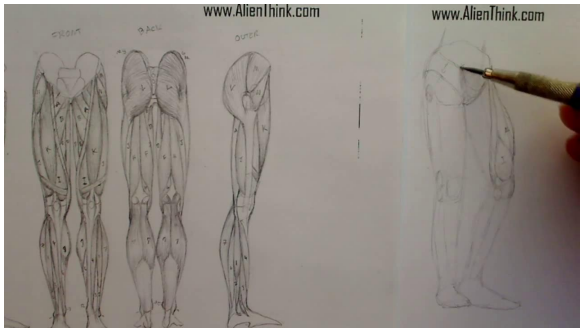
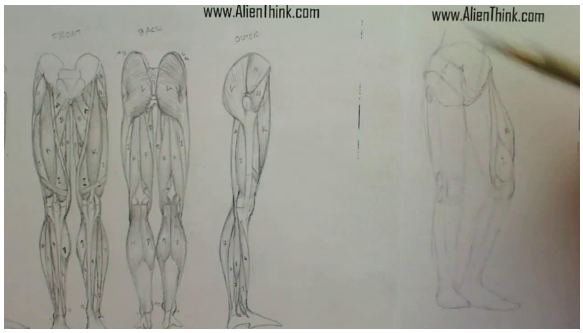
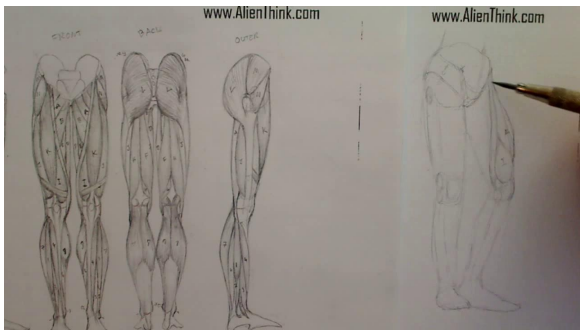
77		This is just the same thing here.
78		These axes are the same thing as this.
79		So we know he's going to just go down, right?
80		So the in the string system is here.

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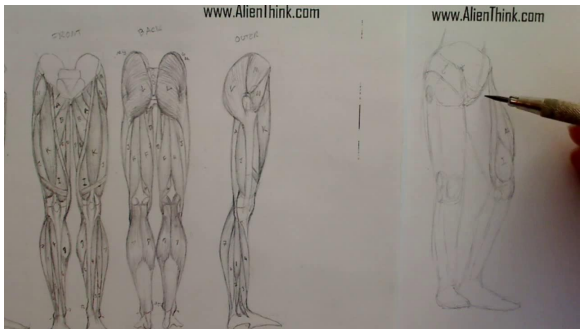
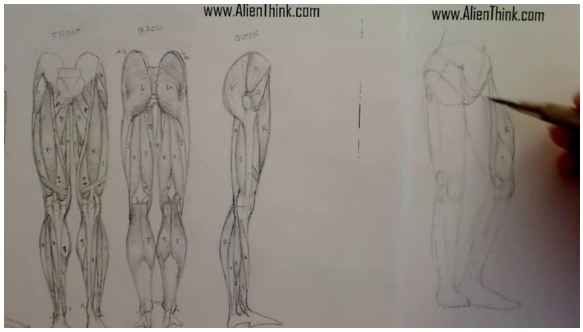
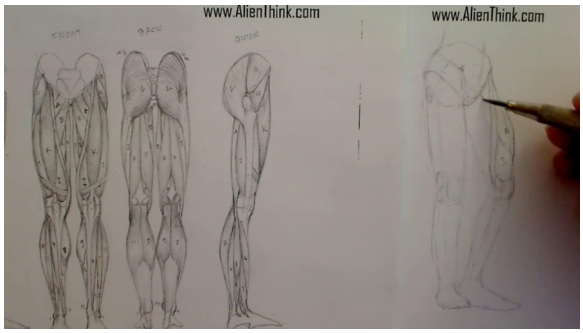
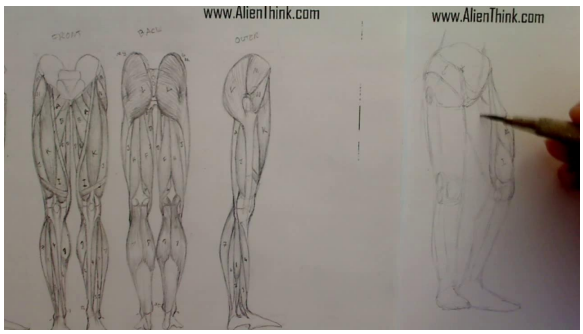
81		So we know that, okay, well, in your string system, we can just say that, okay, well,
82		this is the muscle that's just going to hang off over here.
83		And then over here, I know that over here, I'm going to now start to get muscle B, right?
84		I'm sorry, a muscle A.

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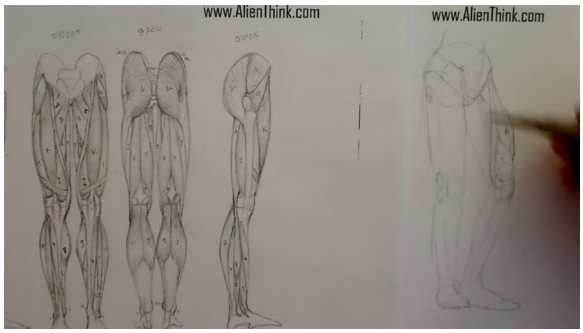
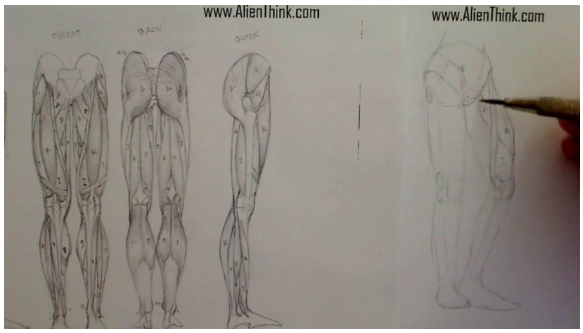
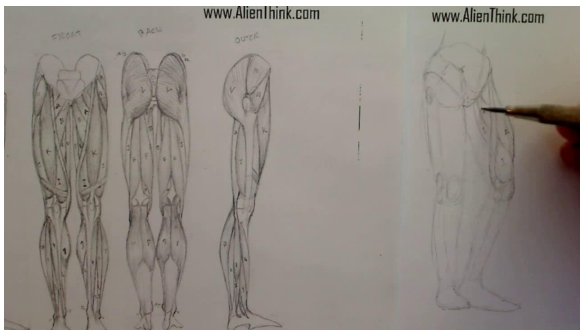
85		I would first have to get muscle A, which we talked about over here, but look how deep B is.
86		He's so close over here to this area, right?
87		So this means, okay, well, this means over here that I'm not going to get muscle B over here, right?
88		We just have to map the muscles down.

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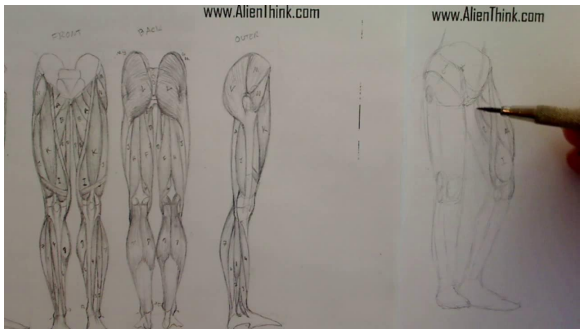
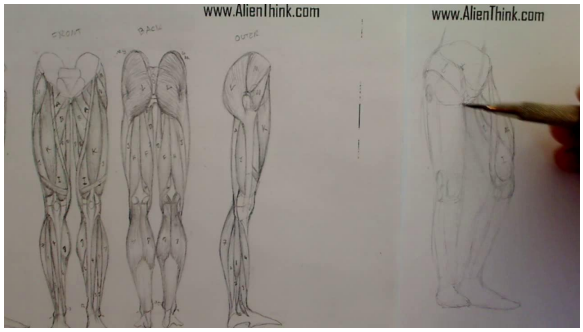
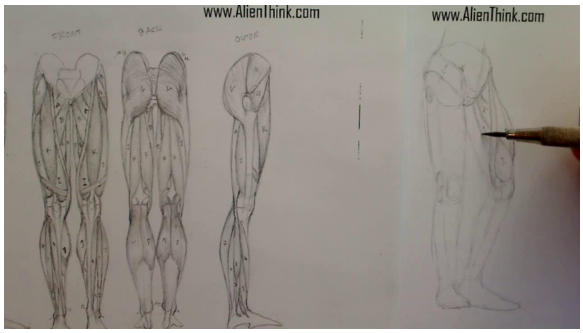
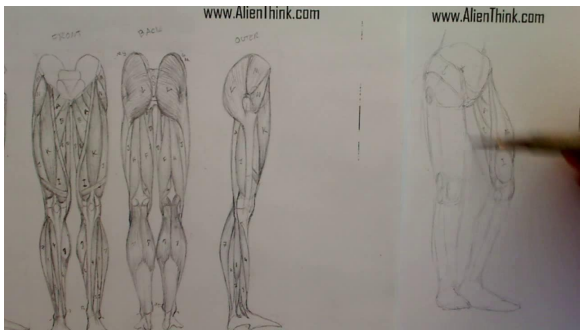
89		So we know that, oh, this is easy because now we know that D, right?
90		He's going to go all the way in the back with the magnets, right?
91		So when we create D, we know that, okay, well, D is just going to be here.
92		And he's basically going to be kind of like...

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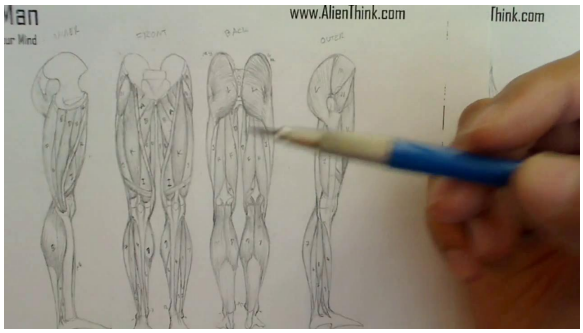
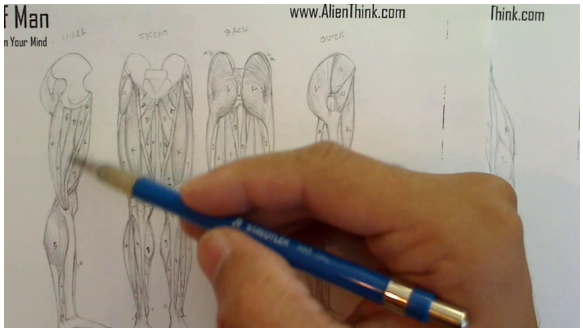
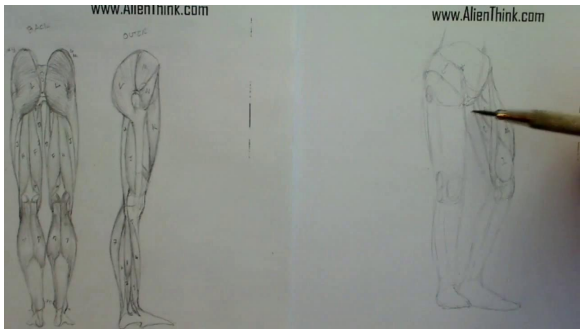
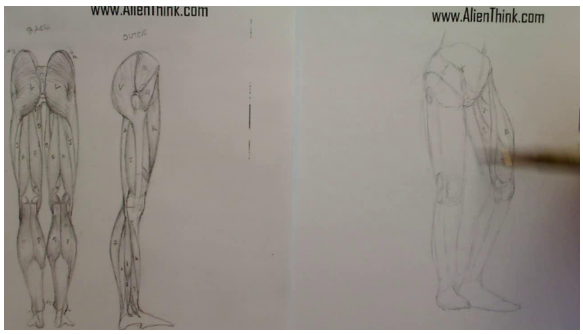
93		He's almost like this guy here.
94		He's swinging around, but look how back in the back he is.
95		So obviously, we're just going to see him over here.
96		And he's just going like this about his business over here.

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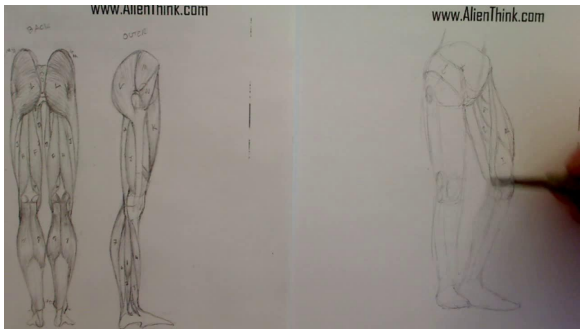
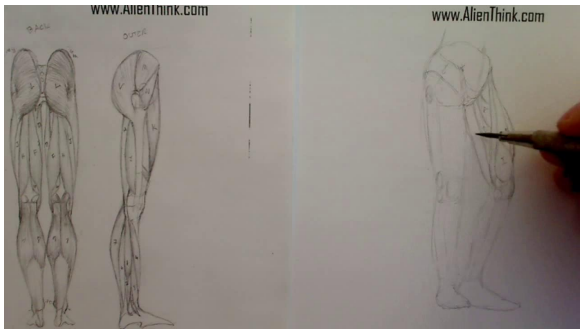
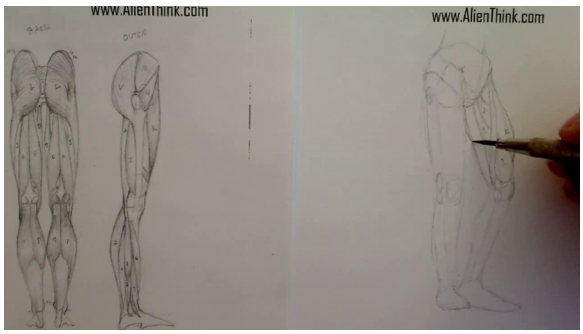
97		And we know that he's the second guy who's going to come in.
98		So you can see how this is starting to get flushed in, right?
99		So if you look at that, you'll know that, okay, I'm going to see a little bit of E, right?
100		I'll see a little bit of E, and then I know that, okay, well, over here, I'm going to see...

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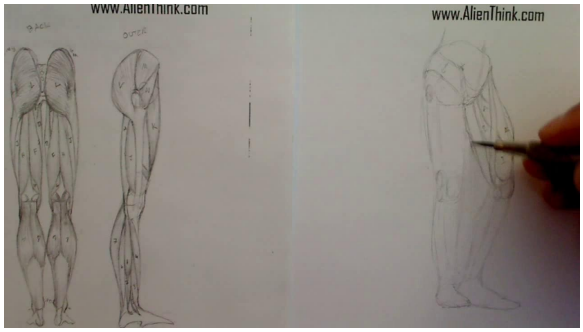
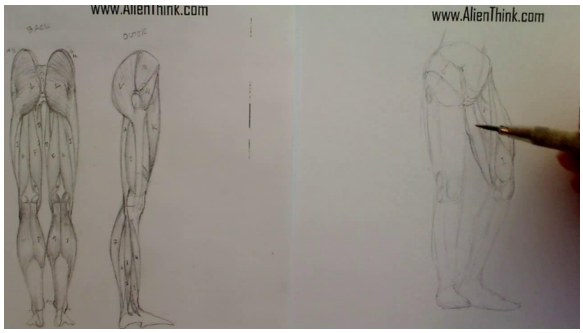
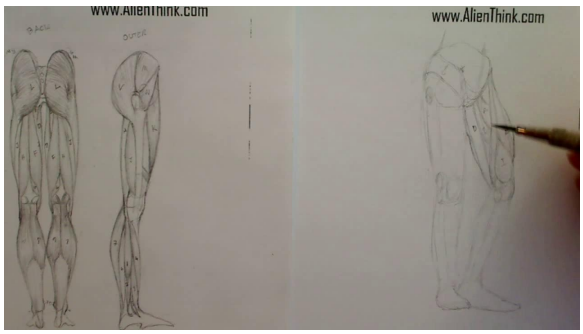
101		Basically, you can add a little bit of GRF over here, right?
102		So this will give us this bump over here, right?
103		So this is D, I'm sure, D, right?
104		So we got B over here, A over here, and then we got K over here, and then we got I over here.

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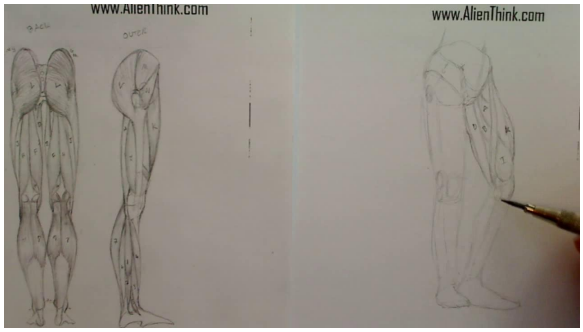
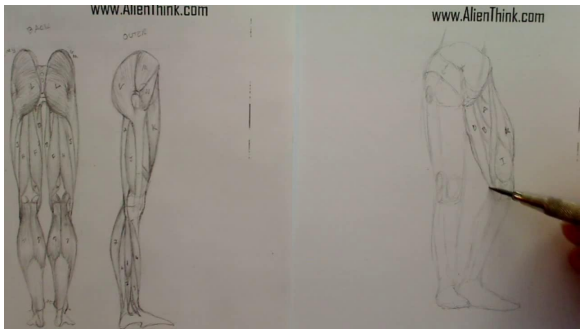
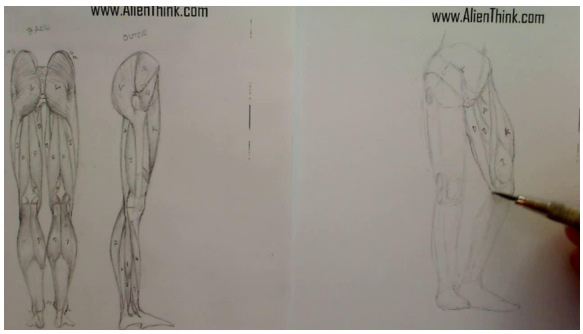
105		So you can see how easy this is to put the muscles on the left, right?
106		Okay, so here we know that, okay, right?
107		These guys are just going to go here.
108		And we know that, okay, who is the other guy that's going to come into the system?

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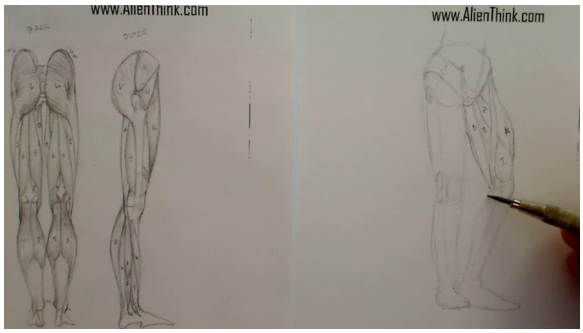
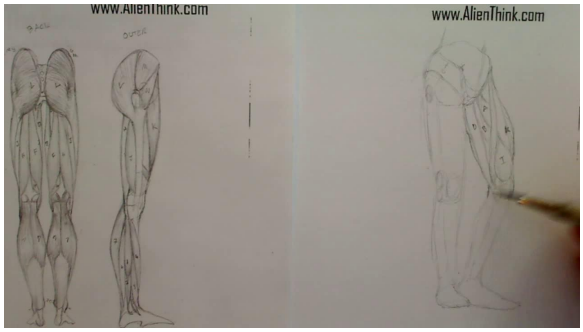
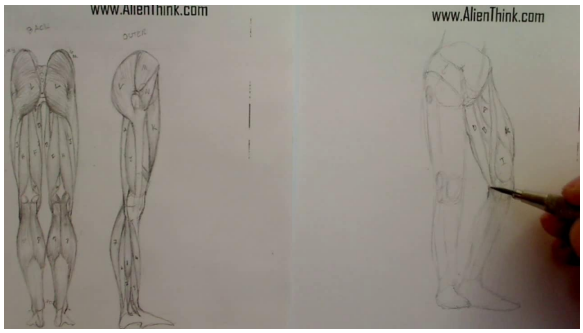
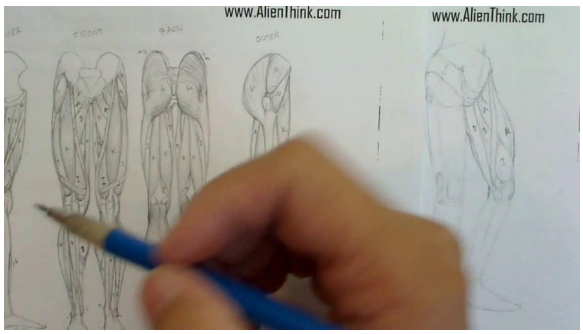
109		And he's the one who's going to create this line over here.
110		Well, if we look at this, this is going to be F, right?
111		F is the one that's coming from the back, right?
112		Over here, F is the one that's coming in the back.

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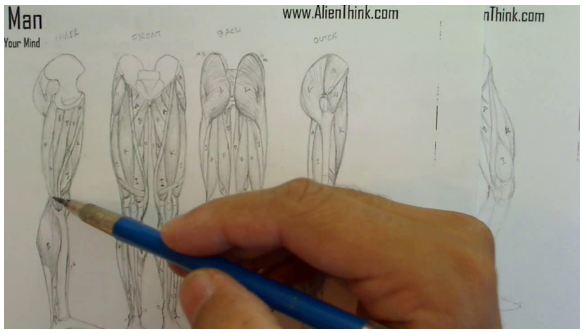
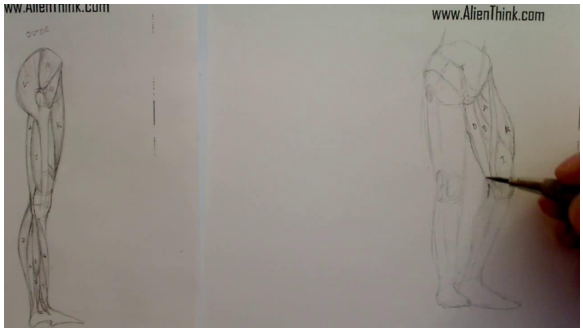
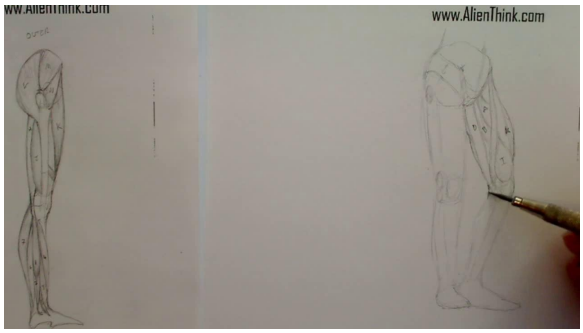
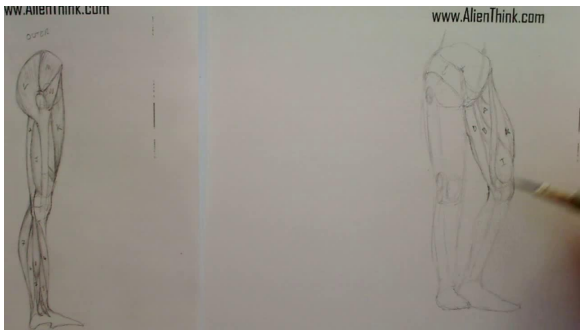
113		We know there are three string systems that come together, and now we understand, right?
114		F is really coming from the back, so I'm going to get this line over there, okay?
115		So that solves this problem over here.
116		So we can do the same thing now.

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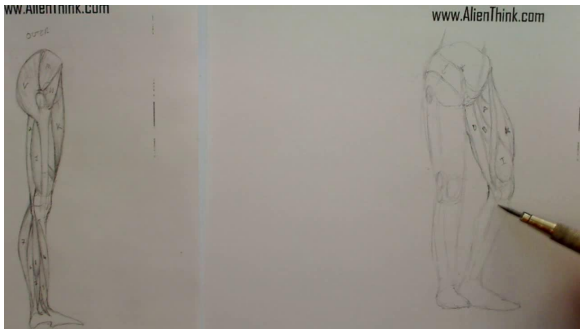
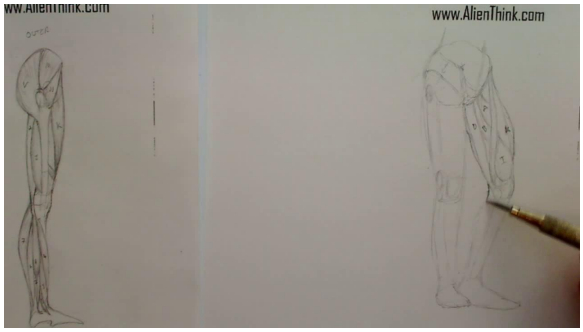
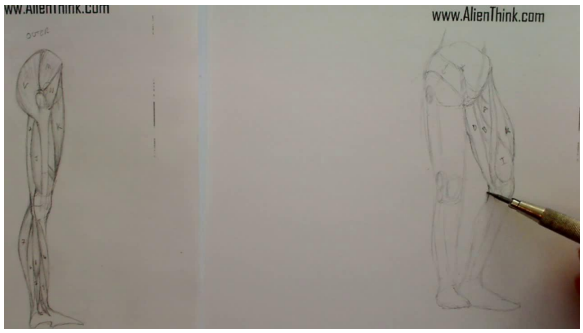
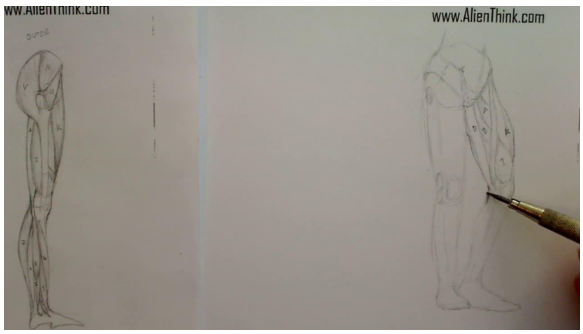
117		It's going down backwards.
118		This is going to be easy, because we know that, okay, well, we know that from the femur we're going to get,
119		like the calf muscles, we're going to get this line, and he's going to come out,
120		and he's going to be just about kind of like a little big over here.

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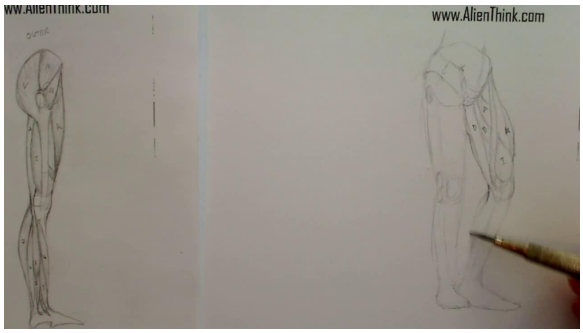
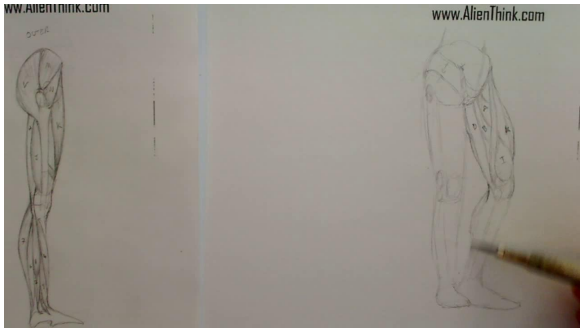
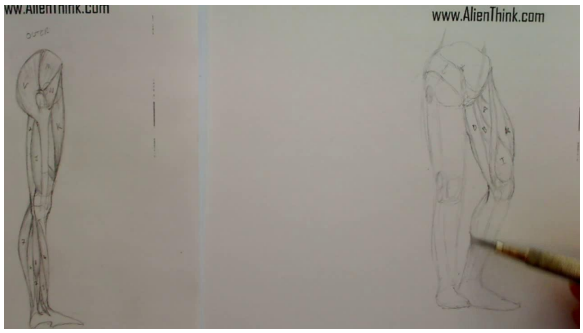
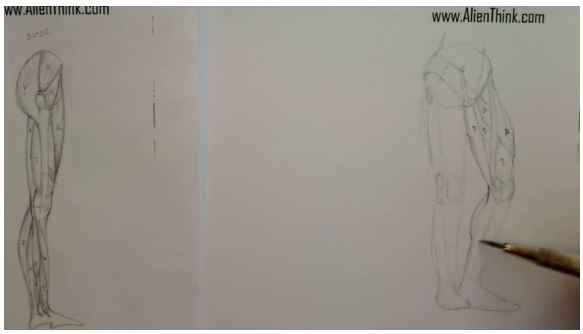
121		So we're going to just make him a little more nicer over here,
122		and then he's just going to go in the back like this, right?
123		So this will give me the, here, we got to look at the whole design also, right?
124		So we know that, okay, well, this is easy.

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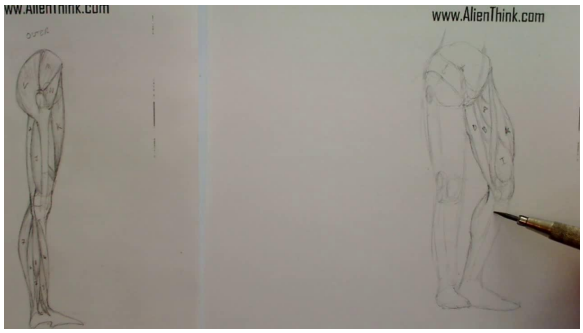
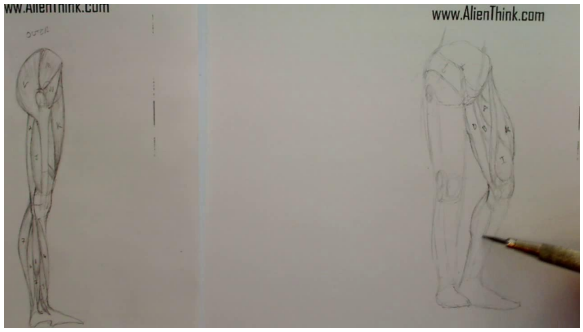
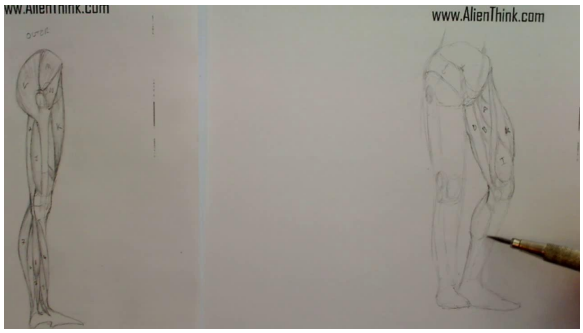
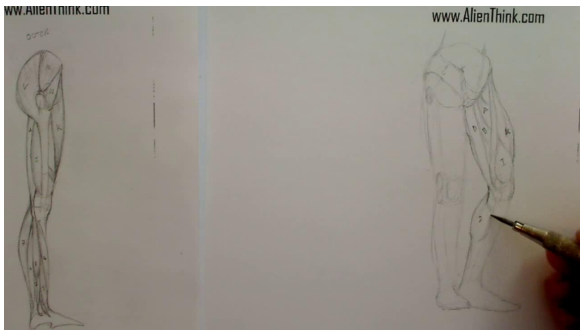
125		We know that this muscle here, it really is just now coming from the back,
126		and he's going to go over here, right?
127		So this guy, we know who he is, he's number eight, right?
128		So now when number eight goes, we know that right, we're going to see a little bit,

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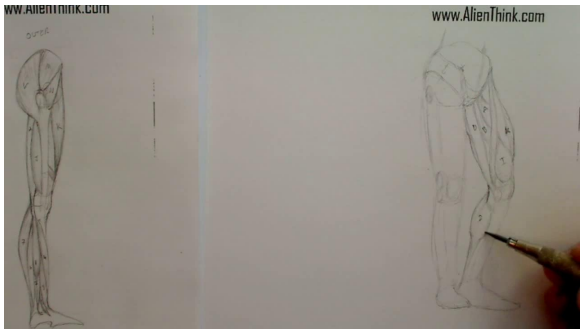
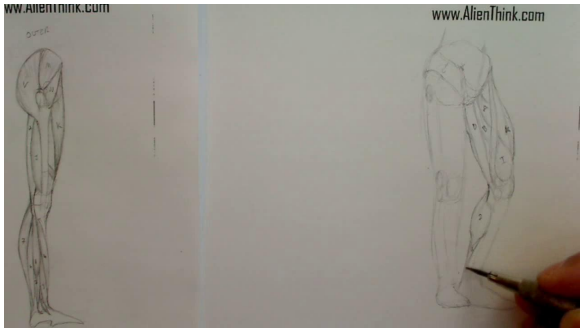
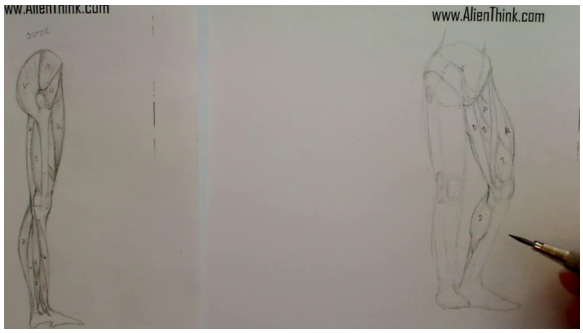
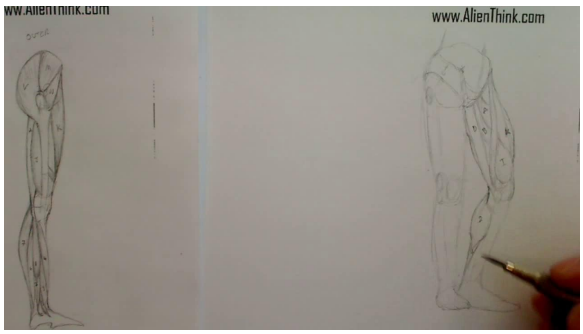
129		he's number eight, and then we're going to see a little bit on number six, right?
130		So then I got number six.
131		So when I get number six, what happens?
132		Then we say that, well, okay, well, if you have room, just know that you're going to get nine,

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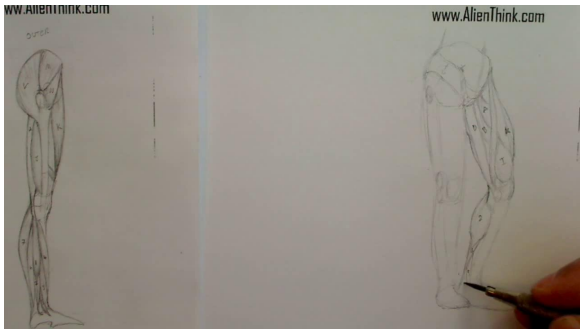
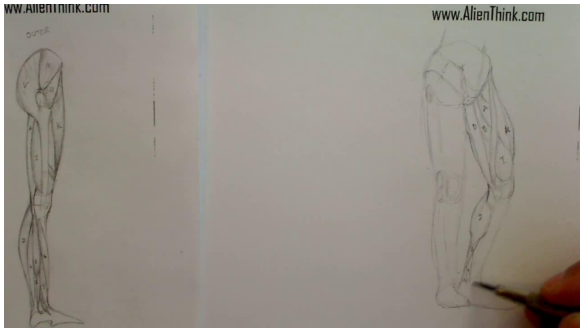
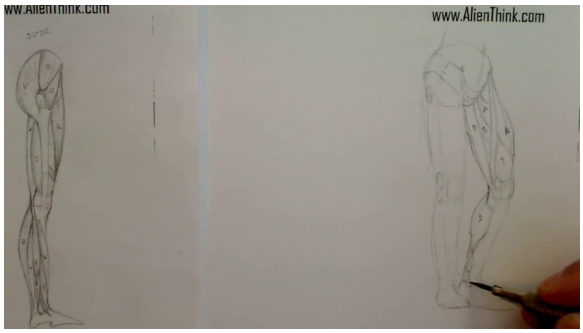
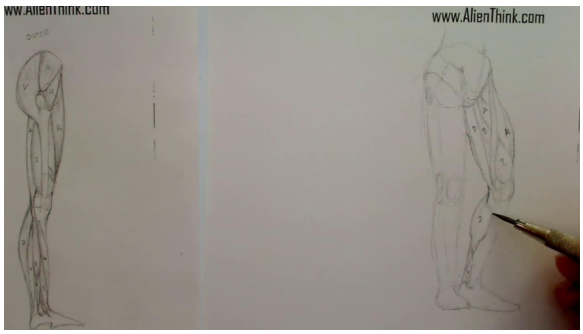
133		and then you're going to get 10, and basically where this thing is,
134		they need to wrap around him, right?
135		So you're going to get the ankle just like this, okay?
136		So the remaining understanding of this is that basically your knee is going to come in a little bit,

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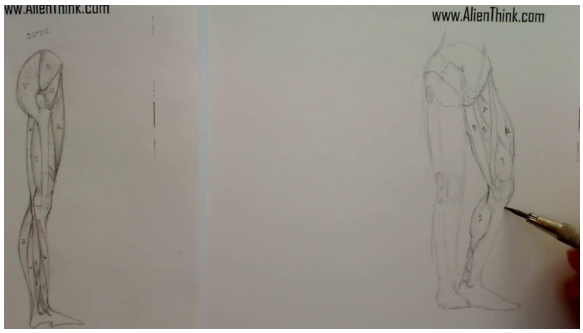
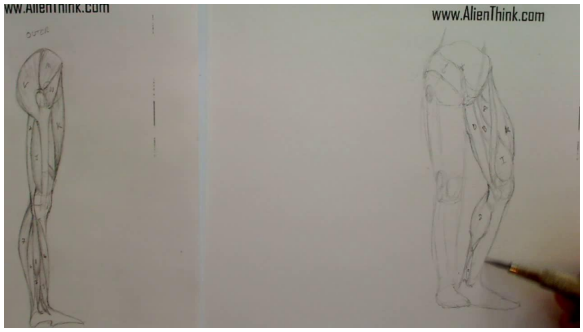
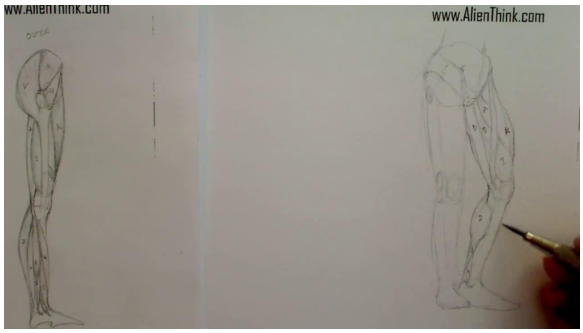
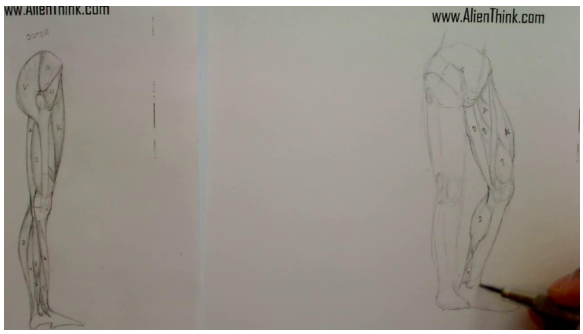
137		and then we're going to understand the design of the femur that, sorry, the tibia,
138		right, it's going to go in a little bit, and then this is going to start to be a little foot,
139		but I'll get like a little bump here because four, right, muscle number four,
140		he's trying to get to the toe, right?

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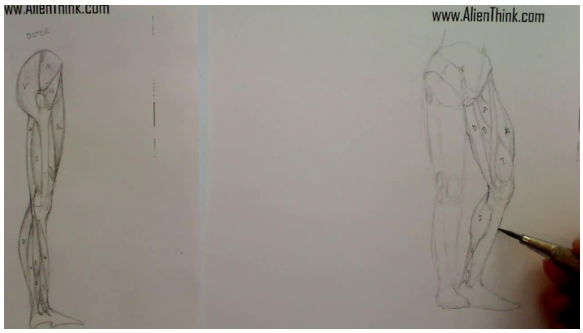
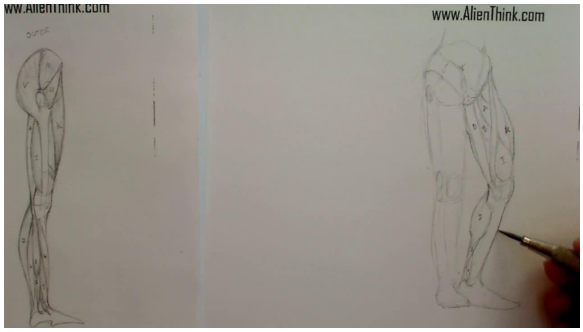
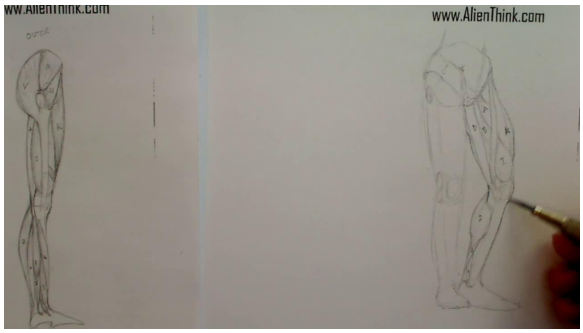
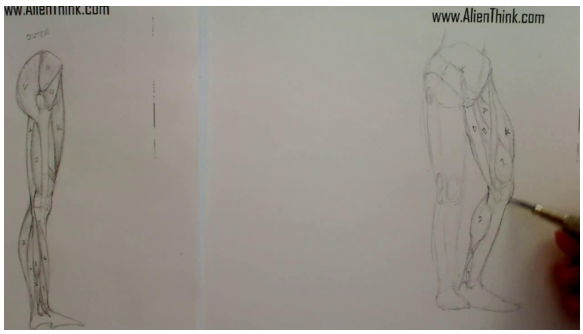
141		So he's going to come just a little bit in.
142		So that's what's going to cause these curves to come out,
143		and the knee is very simple.
144		It's nothing more than just this, right?

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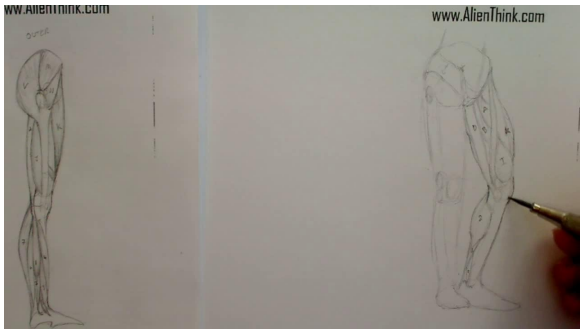
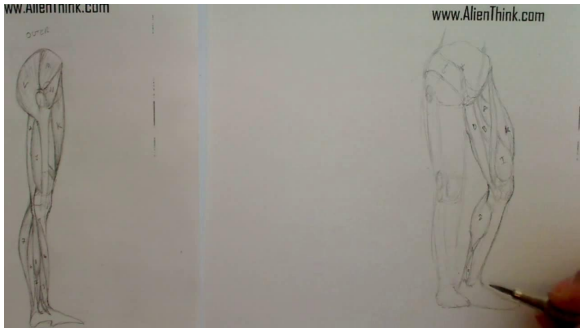
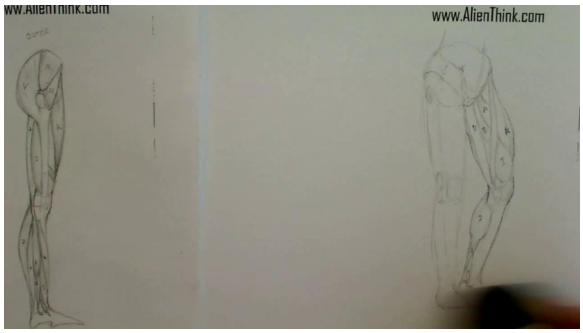
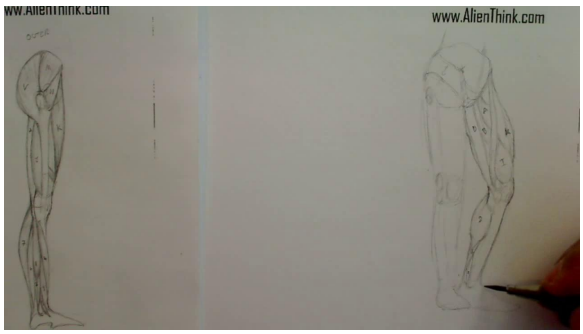
145		You know that the knee is going to have that ball joint over here, okay?
146		So now we can just fix up this foot a little bit,
147		because now we're beginning to understand what this is going to be look like.
148		Right, so for the foot, I'm just going to make this into our idea in the,

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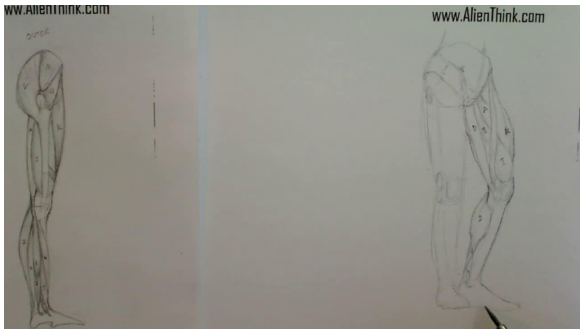
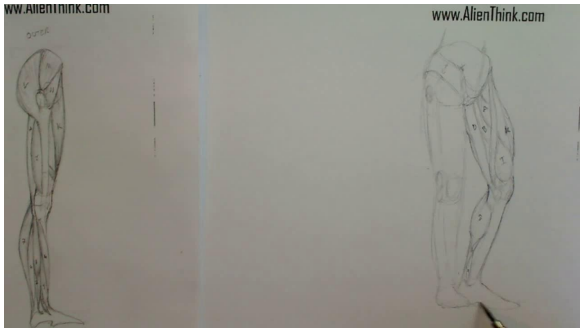
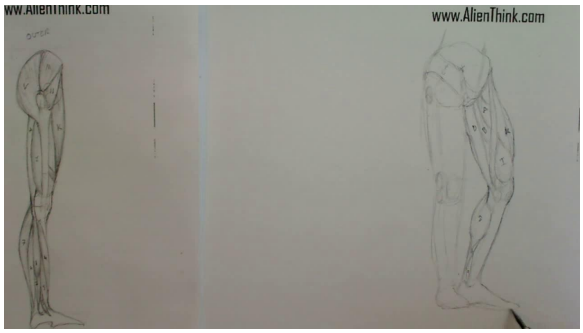
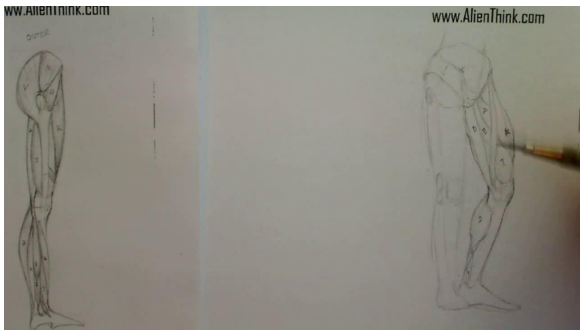
149		that we know that right, on the other side, I'm going to get this,
150		it's really just going to be more of an arc like this,
151		and it's just going to go like this, so that'll give me the foot.
152		Okay, so now let's talk about this area over here.

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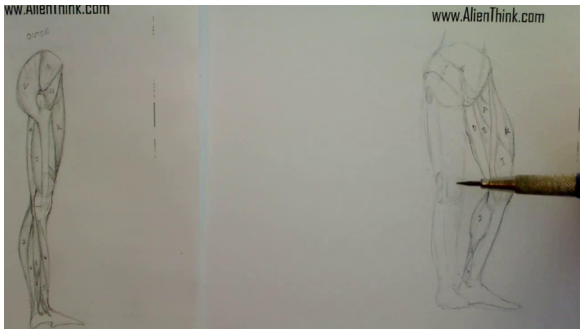
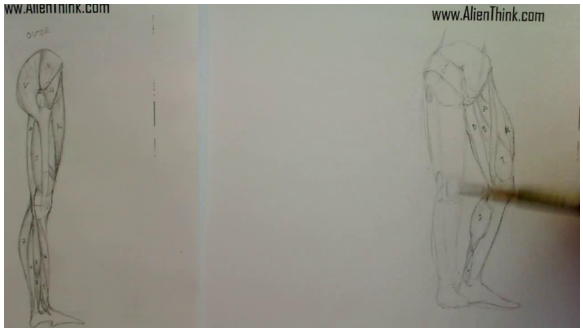
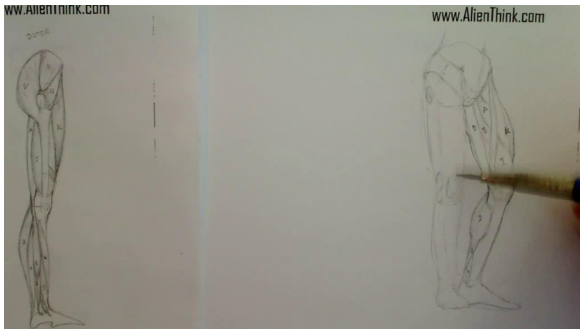
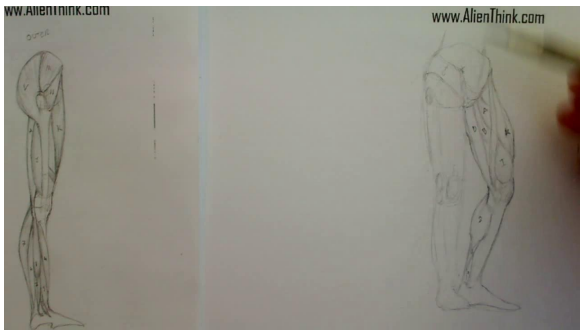
153		How would we solve this?
154		Well, I know that the knee is going to be right over here, right?
155		So I know that right, I understand that already I'm going to first of all,
156		we're going to clean up this area, so it makes sense a little bit.

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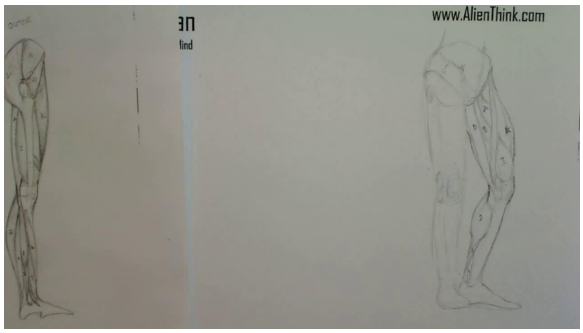
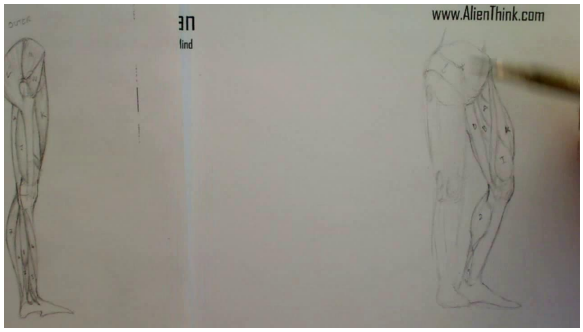
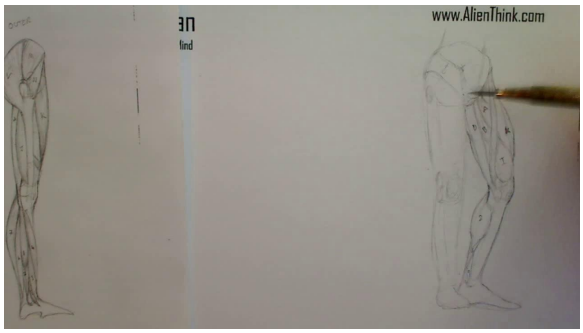
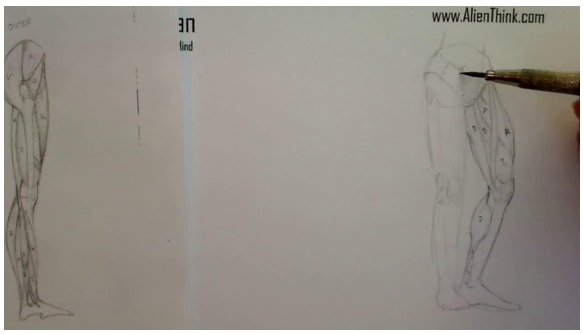
157		Right, so we already know about the string system, right?
158		Now the thing is that this, remember this is going more in an angle,
159		it's going to be more inside.
160		So over here, we know that right, we're just going to see a very extreme angle of this.

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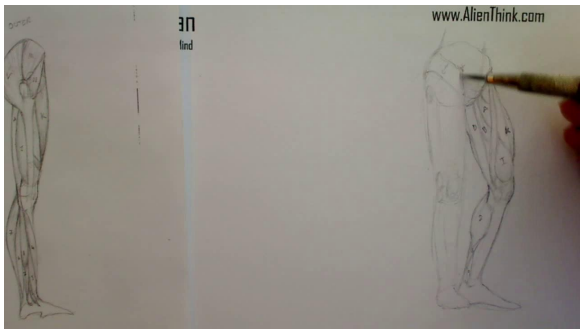
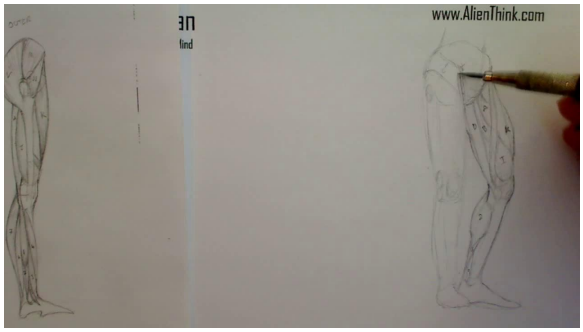
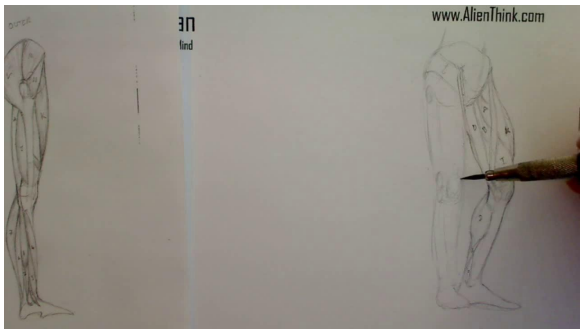
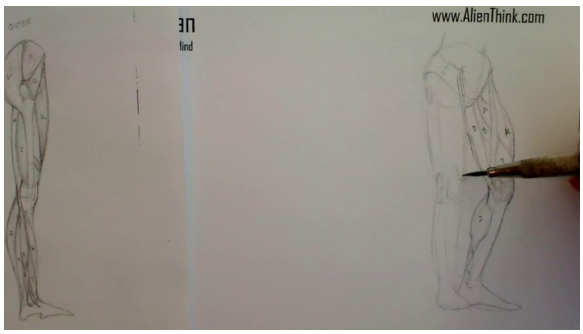
161		So we know that, okay, I'm going to get this string system,
162		the string system is going all the way down like this,
163		and we're back where we started, meaning that we just got k again.
164		I'm, I'm sorry, i, i, and then k.

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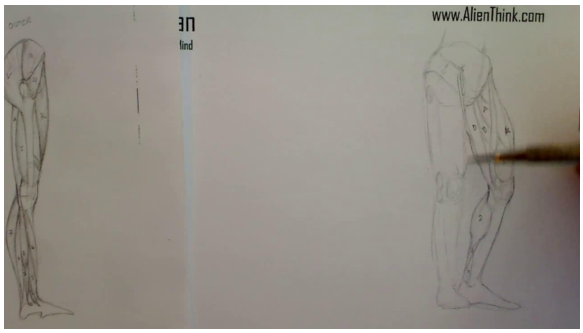
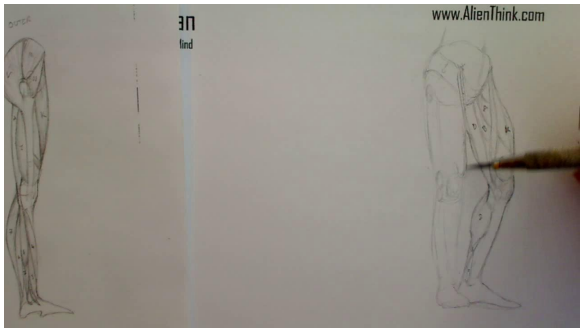
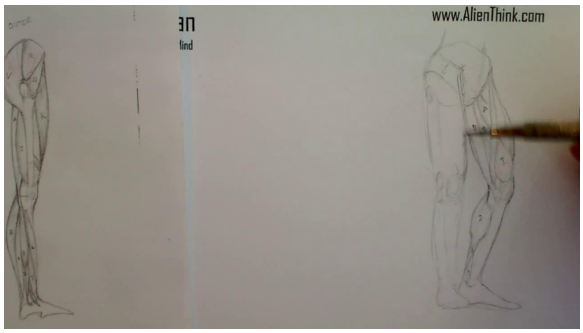
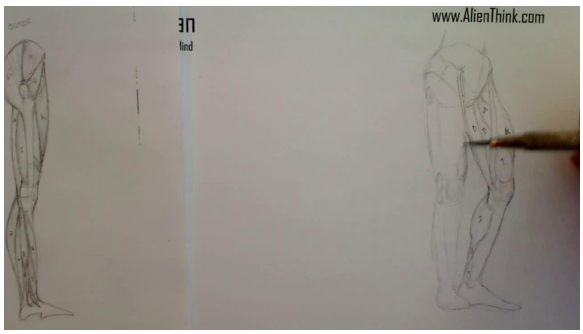
165		Right, so here, I'm just going to draw this out like this.
166		I'm not, you can make it a little bigger if you want.
167		But over here, now we're going to get k,
168		because the reason we have to be very cautious of this is to look where the knee is,

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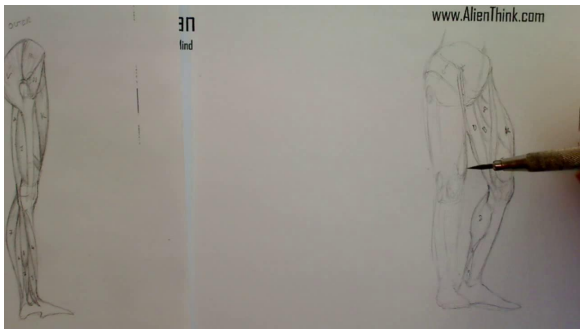
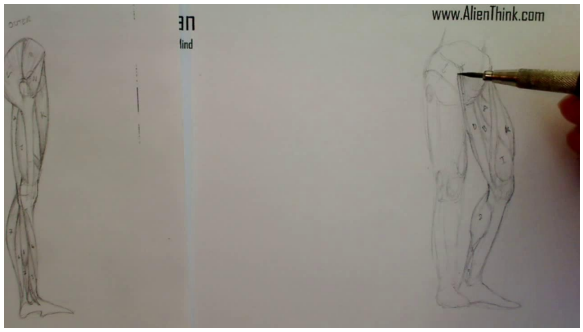
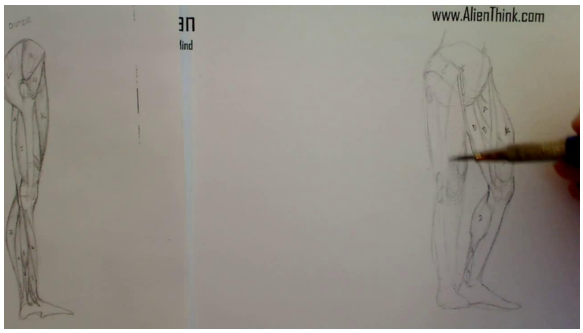
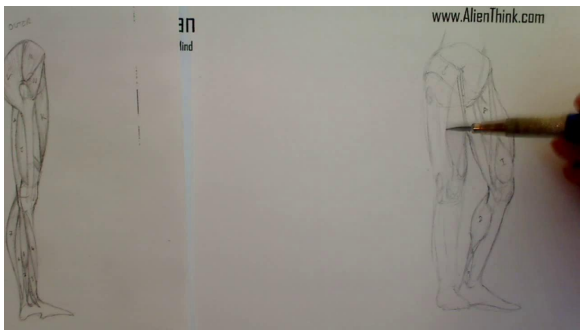
169		so we got to understand this in 3D, okay, well,
170		then I'm going to make k over here,
171		and basically I'm, I'm going to be done with this, right?
172		I'll get k, and then here's i,

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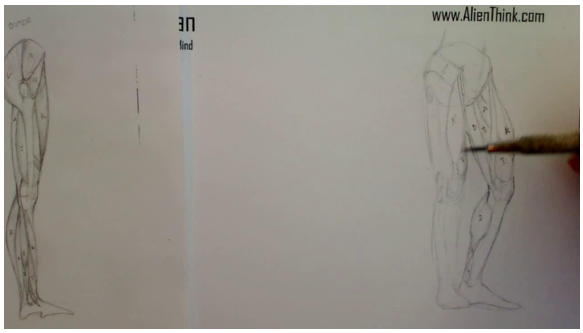
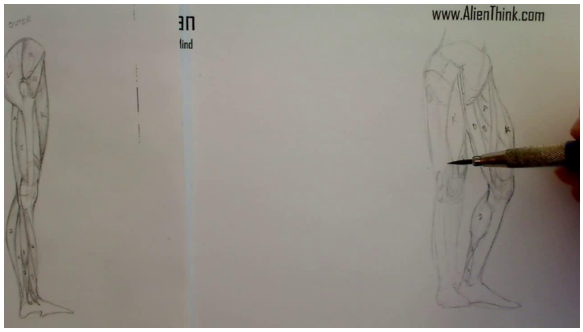
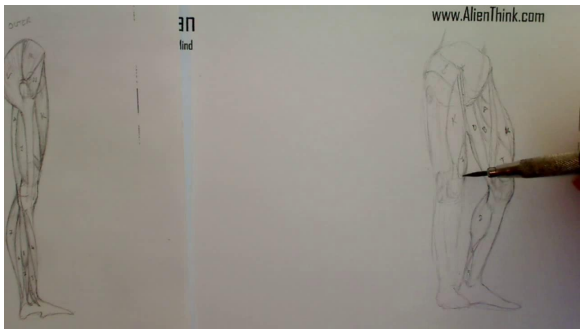
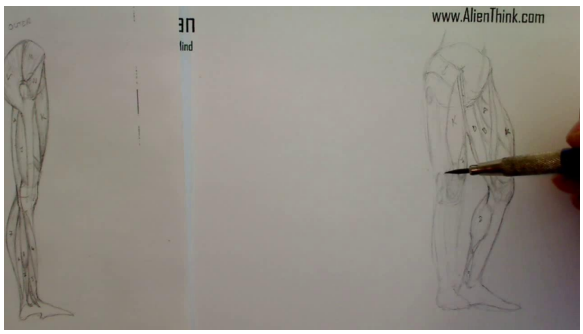
173		but this will give us a good understanding of what just happened here.
174		So what happens here on top of the, right,
175		the relationship over here between i, k, and j,
176		we know that, okay, well, j is going to be definitely coming in,

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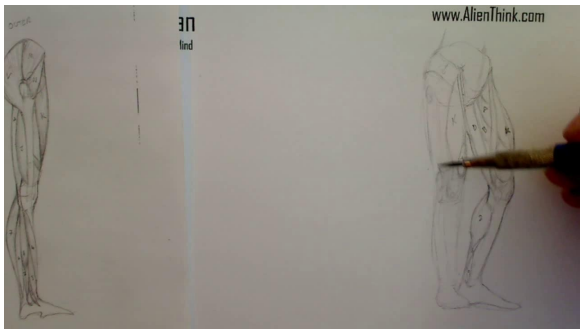
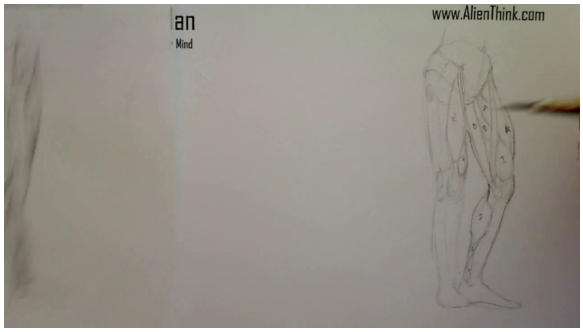
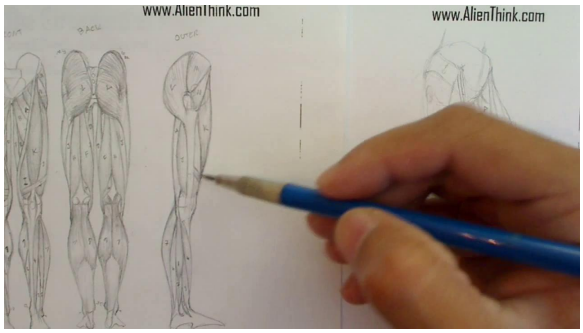
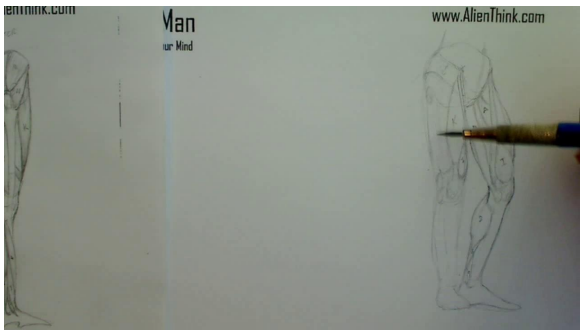
177		but how far does he go?
178		So if we look at this, you can clearly see that j goes really way in the back,
179		right, and he's over here, so we know that he's going to be a big muscle.
180		Right, so j is going to be basically coming in like this over here.

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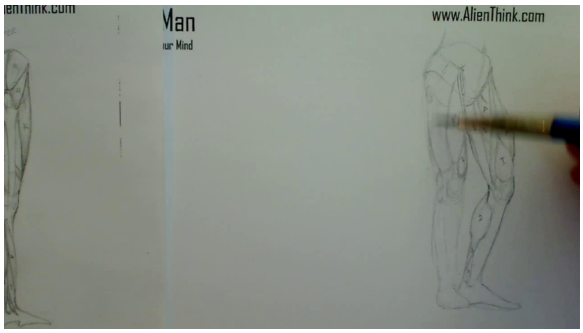
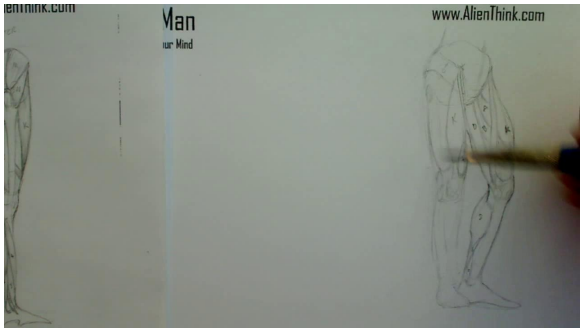
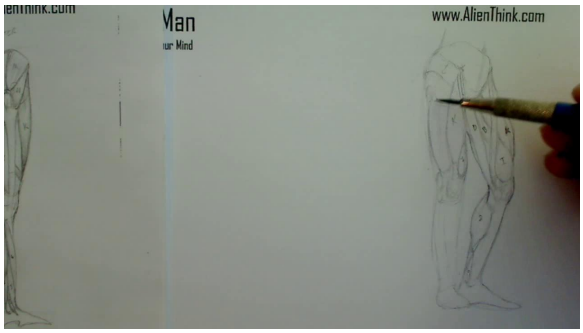
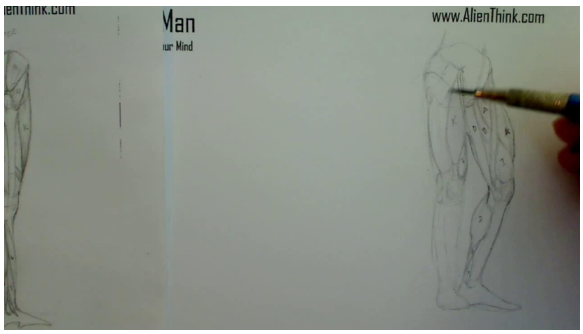
181		He's going to go all the way on the,
182		the femur over here, right?
183		So what happens here is that now you're going to get n,
184		so n is going to want to come over here,

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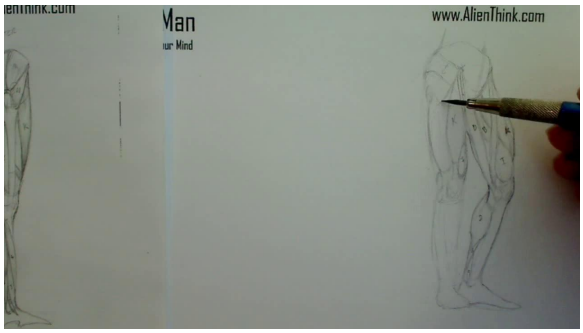
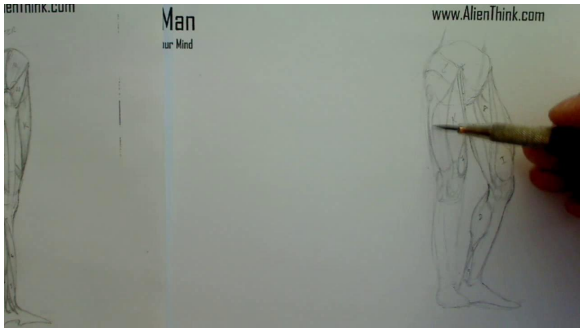
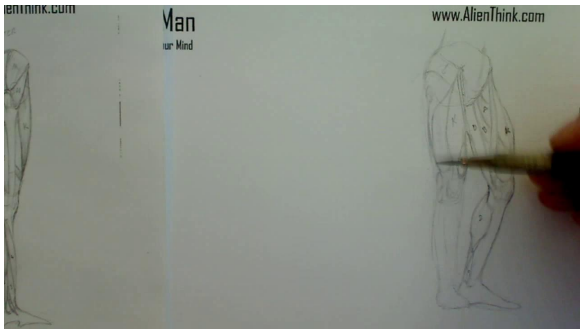
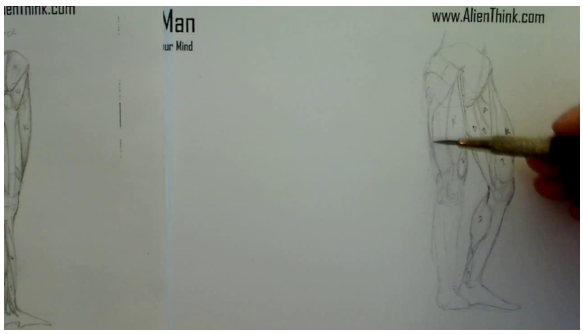
185		and then we know that we're just going to get that scrap idea over here
186		for these muscles, right?
187		So remember j is the big guy,
188		this scrap is just right on top of j,

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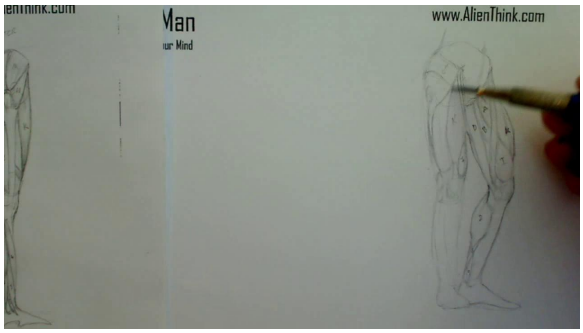
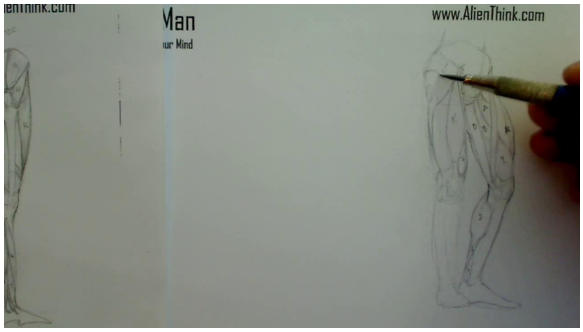
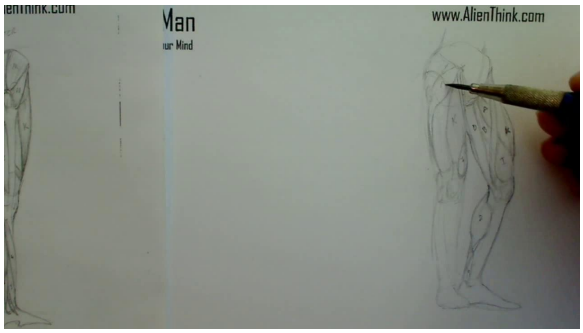
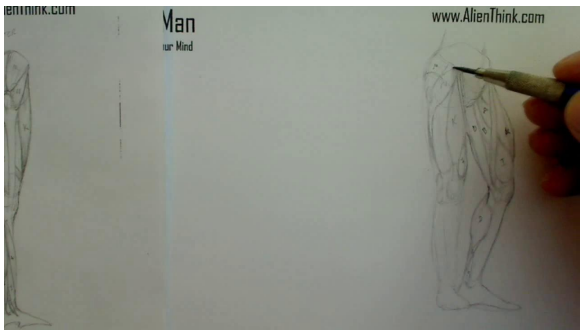
189		so here I'm just going to get,
190		let's say this idea here for n, right,
191		and then we're going to get m,
192		we know that m is going to come in over here like this,

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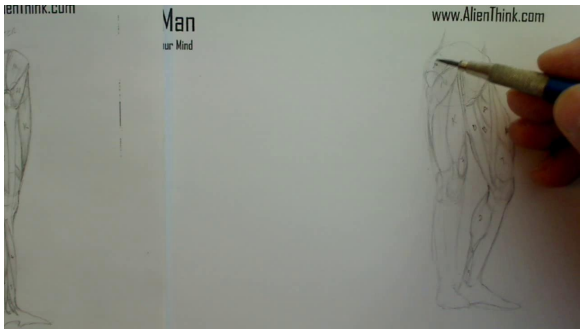
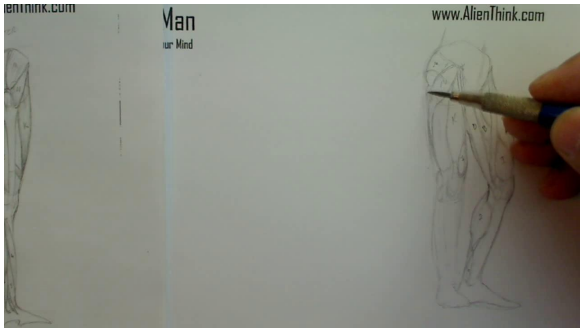
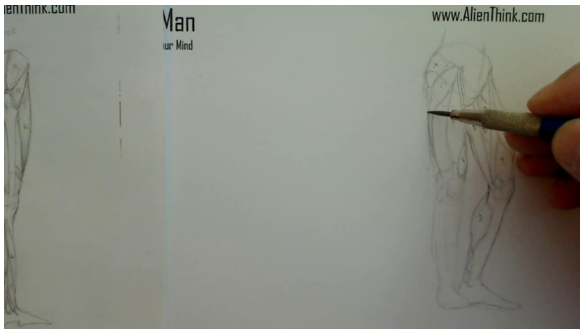
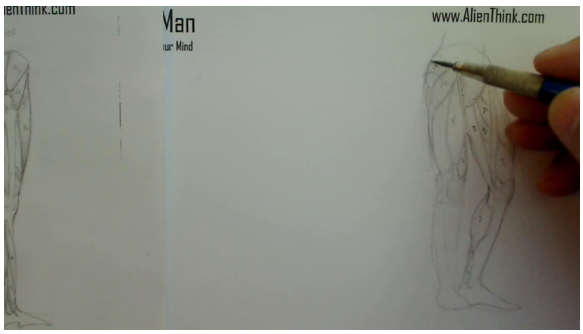
193		and then in the back you're going to get the buttocks, right?
194		So you're really not going to see much of him,
195		but you'll see like a ditch,
196		and that's going to be ill,

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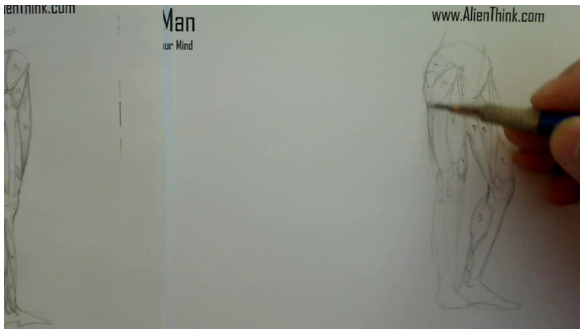
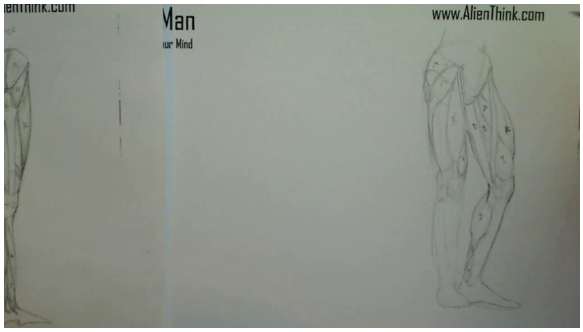
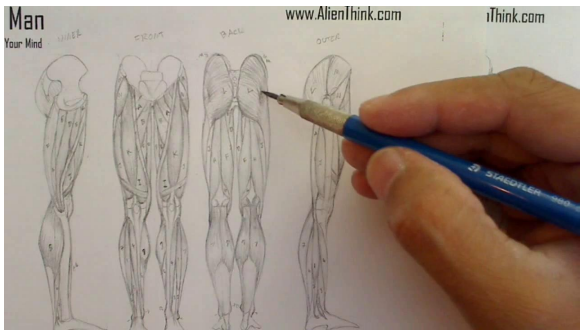
197		so it's going to be like a ditch in here, right?
198		And why is that?
199		It's because over here,
200		if you look, there's a ditch in here, right?

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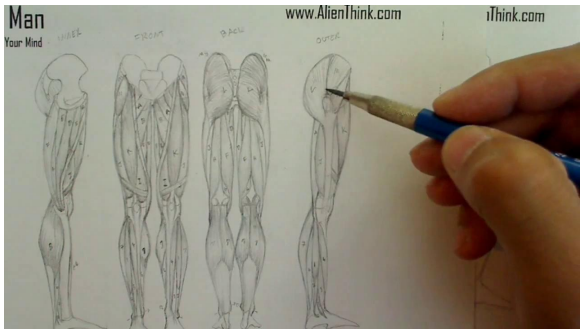
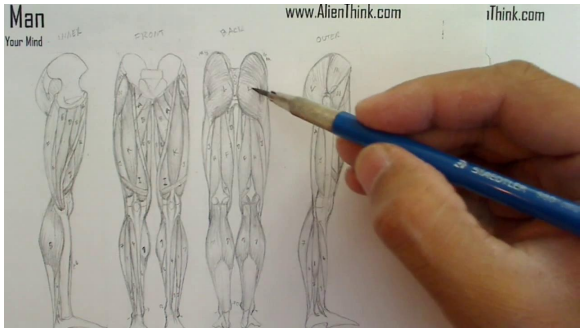
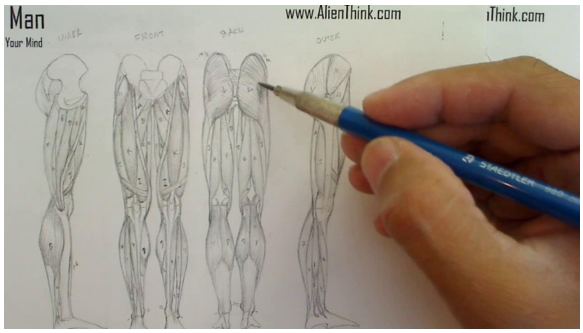
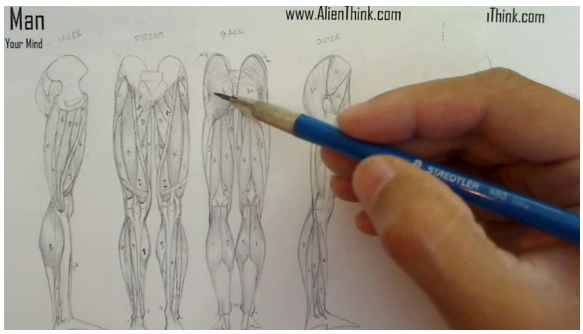
201		This has to be a ditch because really the muscle,
202		look where ill is and where we made the ditch.
203		This is a line here that we need to remember that really the buttocks muscle
204		is going to be all the way here, right, to get this, right?

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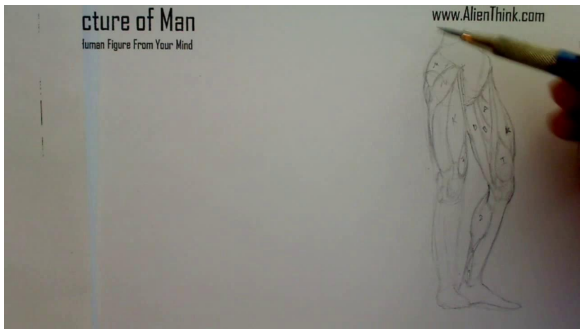
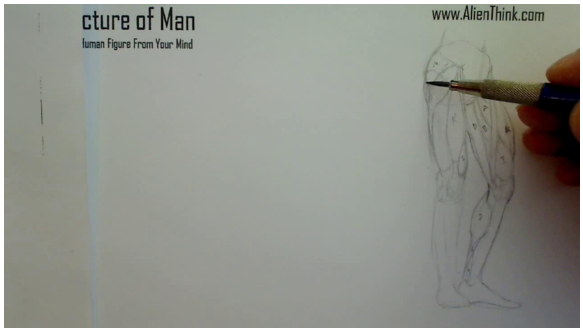
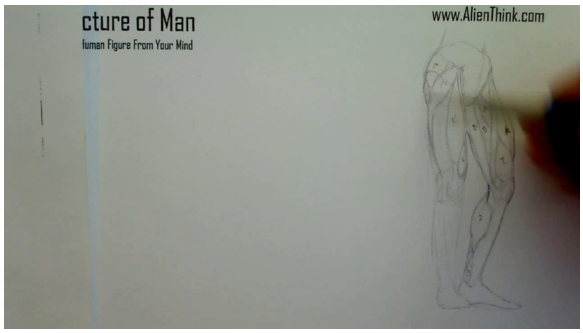
205		So here again, I'm just showing you,
206		this is a template system that we're using,
207		obviously you can change things around as a matter, right?
208		Okay, so here we're going to get j over here.

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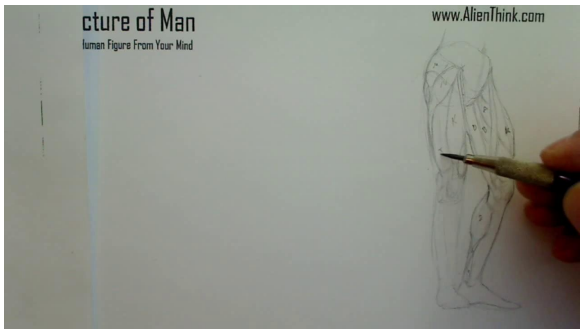
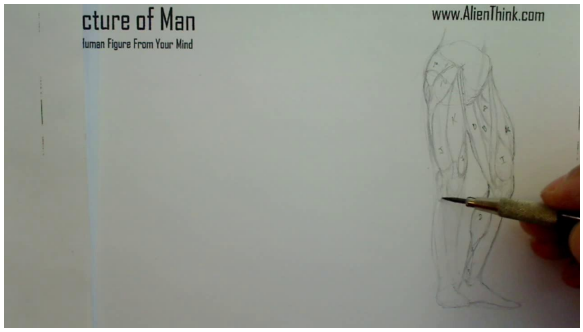
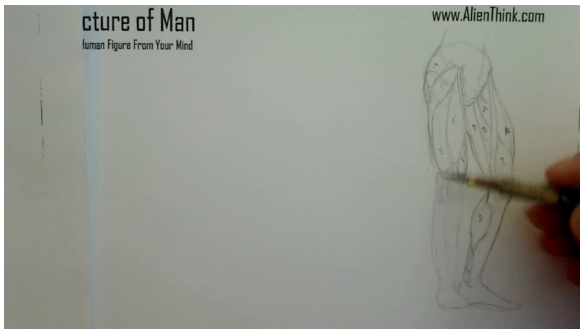
209		Okay, so who's going to now connect to the fibula,
210		and then we understood that right,
211		this is going to be muscle agent,
212		he's coming from the back,

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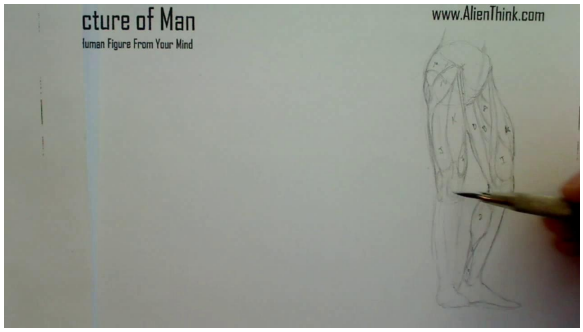
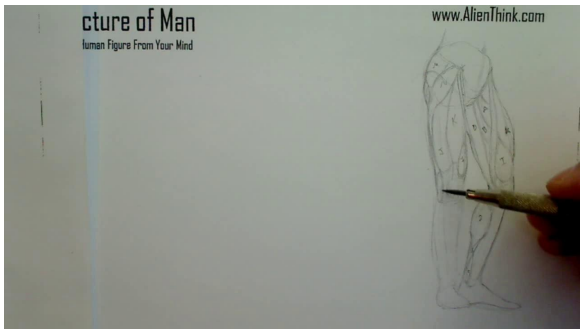
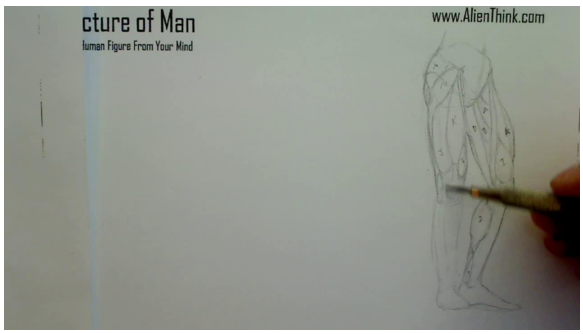
213		so he's going to definitely come here,
214		and this is what's going to give us this big section here
215		over here in the knee section, right?
216		So this is the knee right over here.

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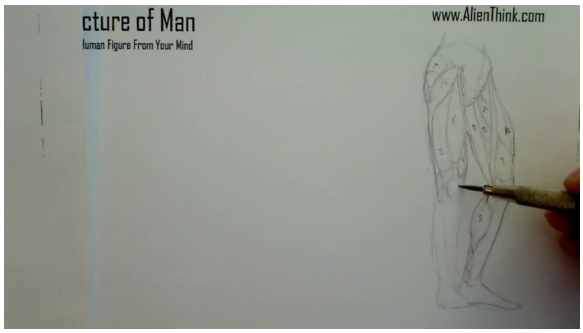
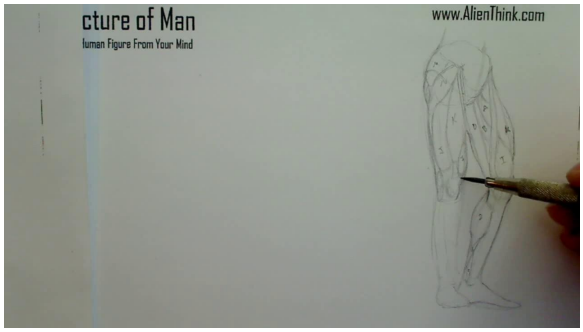
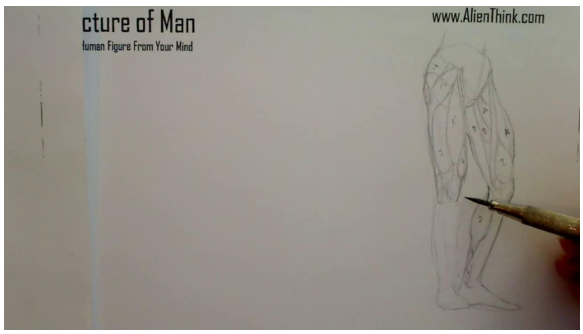
217		So here I'm just going to tuck in this knee a little bit
218		and make it a little bit better, right?
219		So here I'm going to start to remove some of the ideas here
220		from the mannequin,

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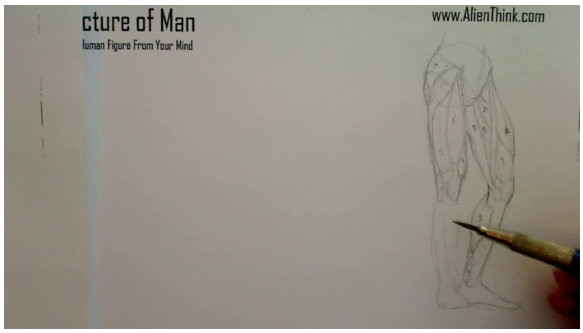
221		but you can see that it starts to shrink in the knee over here,
222		and look how these muscles are K is big, right?
223		Okay, so the rest of the muscles are going to be very easy.
224		We already know that, right?

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225		Okay, look, this is my tibia over here,
226		then I already know that when I come over here,
227		I'm going to get the calf muscle.
228		So this calf muscle really is just going to be like this,

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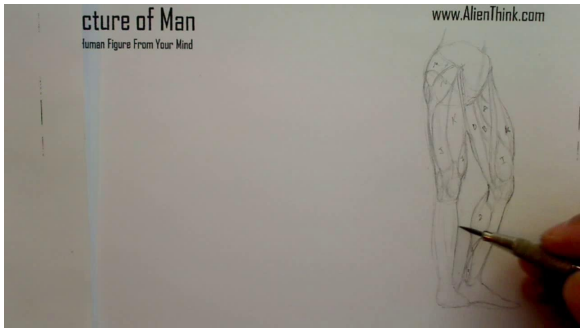
229		going in this direction, right?
230		So he is going to be eight over here also, right?
231		But we're really not going to see too much
232		because look, you got to imagine the tibia coming down over here, right?

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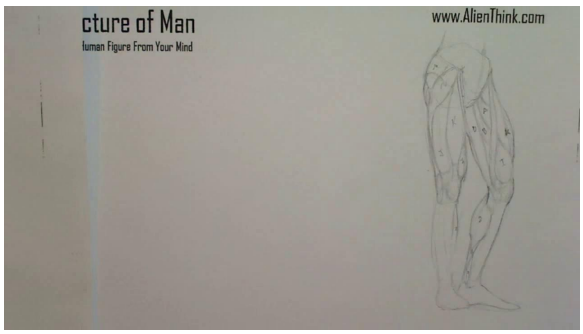
233		So we know that, okay, well, eight is here.
234		So here I'm just going to pretty much get this guy to go a little more in
235		and give the figure a little more better curve over here, right?
236		Give, I'm going to actually give these lines just a little better curve over here, right?

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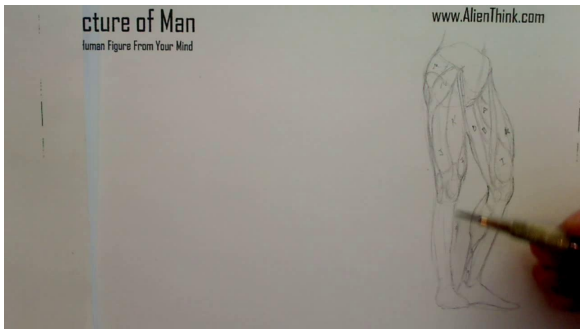
237		So here's going to be my knee,
238		and here I'm going to get eight, and then over here, I want to...
239		I want to make it kind of like this over here, right?
240		I'm going to just come in a little bit more,

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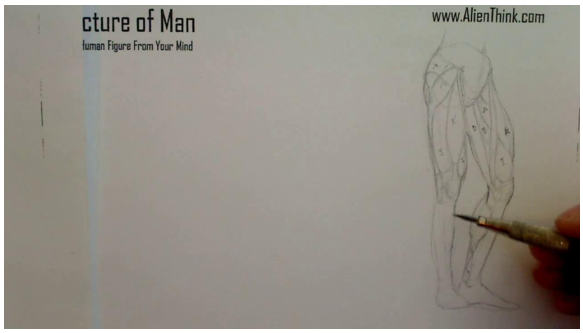
241		but basically that's where you're not going to see too much of eight
242		because of the way the foot is, right?
243		But you can like exaggerate a little bit over here.
244		Okay, so over here, now we're going to get the other calf muscle.

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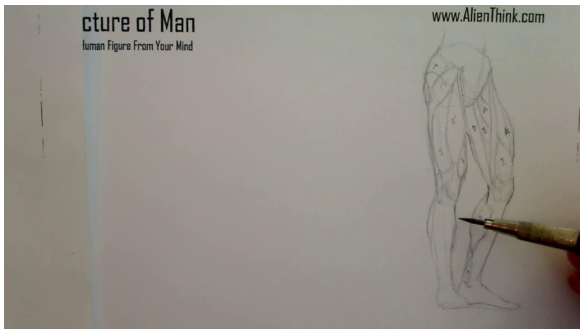
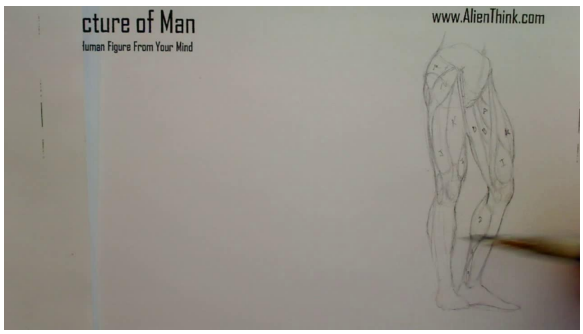
245		So now you'll see that it's going to balloon out over here, right?
246		So the change that we made here was good,
247		but it wouldn't really have made a difference if I had made it a little bigger,
248		but I think because I want to keep an understanding here for the angle.

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249		So over here, I'm just going to go down like this over here,
250		then I know that the fibula is going to be here,
251		and this is what's going to allow to give my foot that angle,
252		right?

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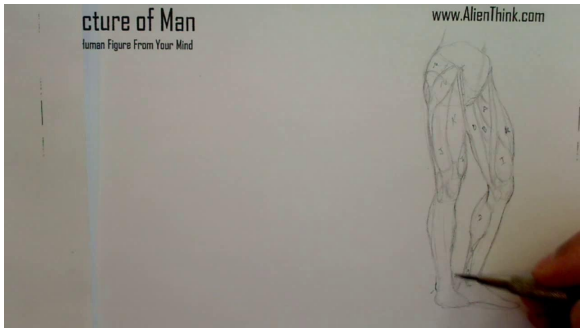
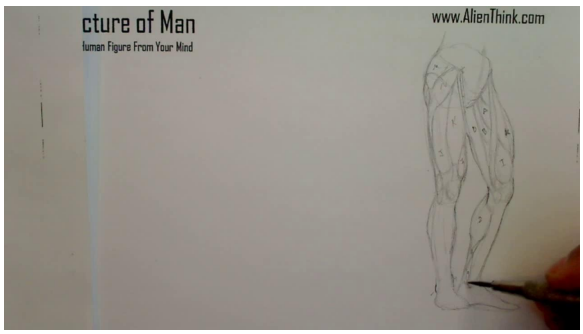
253		This has to go on an angle over here,
254		so you know that the tibia is right over here.
255		Same thing over here, you know that the tibia is here,
256		and the fibula is on the other side, right?

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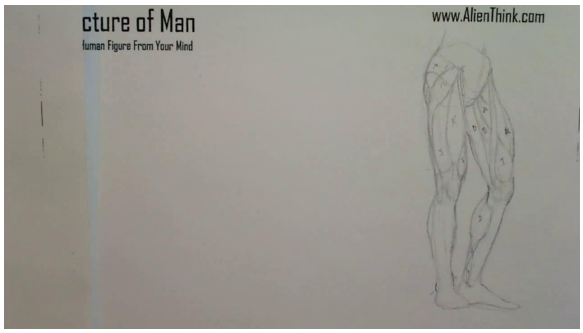
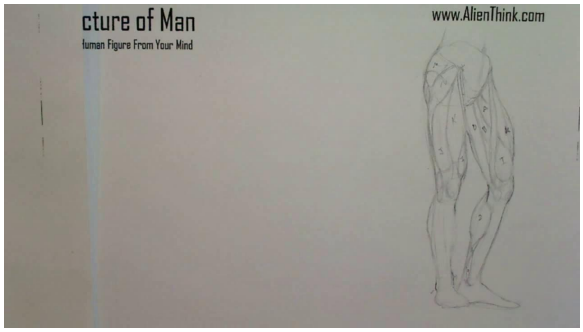
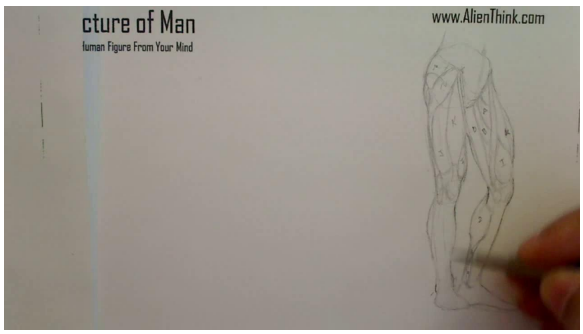
257		So we're just going to clean up a little bit of this area here,
258		so we can be a little more clear about this.
259		So this is just eight.
260		We're going to see very tiny bit over there,

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261		and this is the end going here.
262		So we know that, okay, well, the next person in line over here,
263		we know right under him, we're going to get muscle number four,
264		and he's trying to get to the area for the toe,

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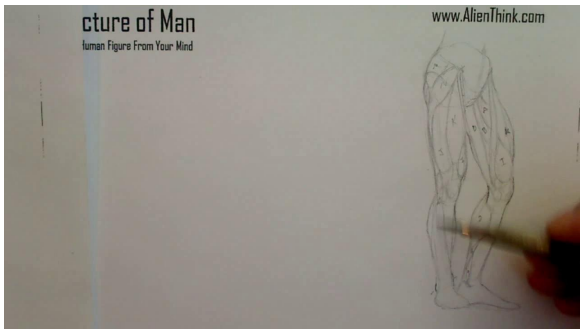
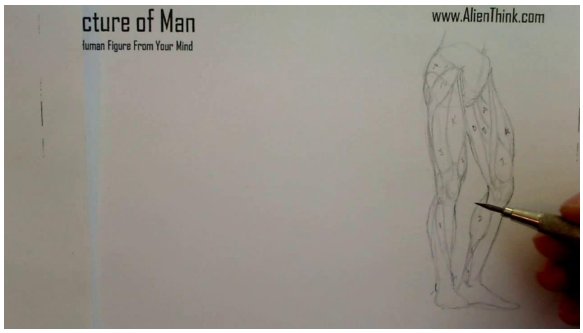
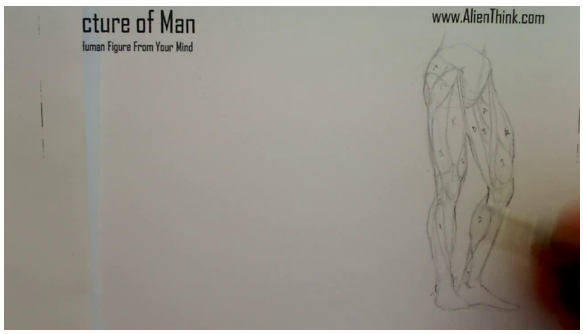
265		and he's just going to be just coming like this over here and going here,
266		right?
267		So he's just going to be number four, right?
268		So you can just look at your drawing to understand this part,

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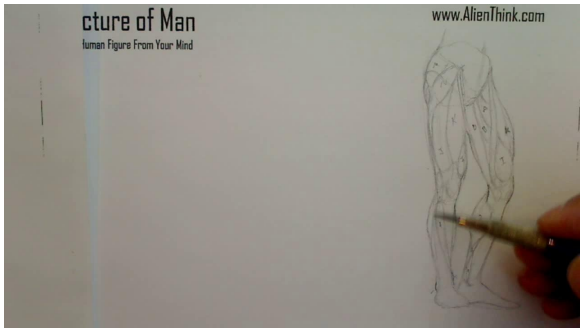
269		because from here it's going to be very easy.
270		We already know on the fibula, right?
271		But on the fibula, we're just going to get that muscle over here,
272		that's just going to be like this, and he really has,

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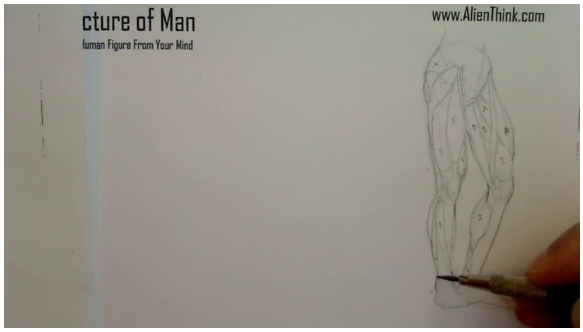
273		he's on top of another muscle,
274		and these guys, they're wire systems that going around,
275		back around the ankle system.
276		So we just figure this out.

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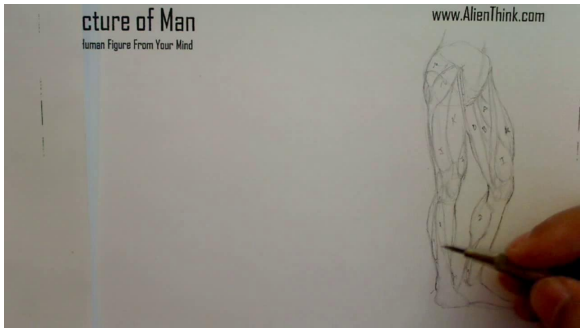
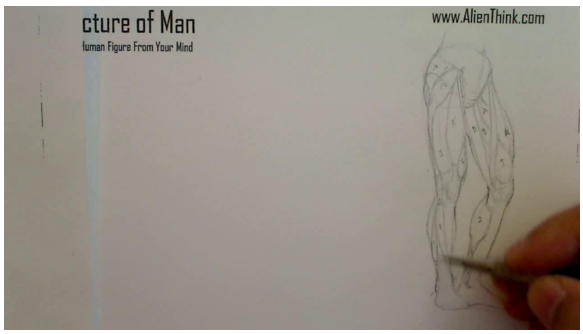
277		So we know that this was muscle one, and this was muscle two.
278		So who comes right in between them?
279		And this is where we had stated, right?
280		Number three is the guy who's going to, he's three,

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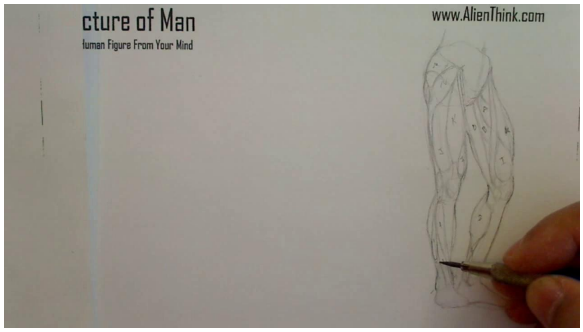
281		and he's going to turn to these wire systems for all the small fingers over here,
282		and right where he is, all of a sudden going to see number five come in,
283		and he's just going to be a wire like this.
284		Number five, right?

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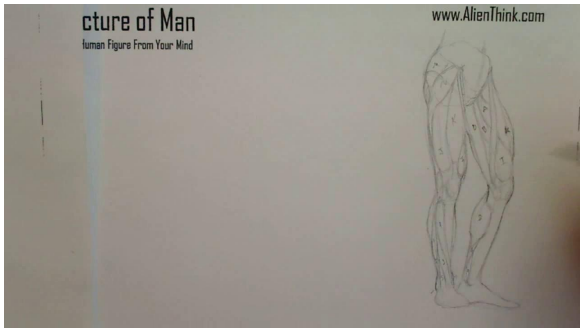
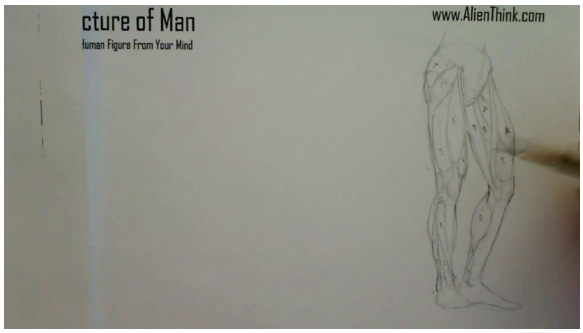
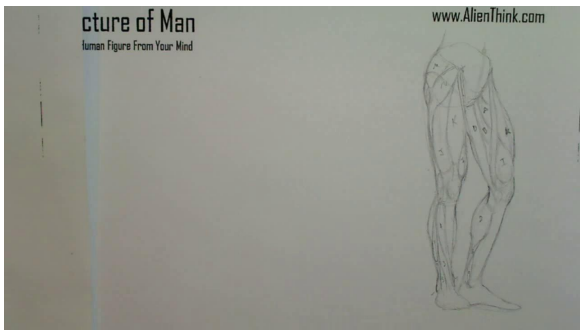
285		And that's it, and there's really nothing going on over here like this.
286		Okay, so we just figured out the whole leg by talking away through it,
287		and seeing how the mannequin system really allows us to understand how to do this.
288		So all we have to do now is just clean these ideas up,

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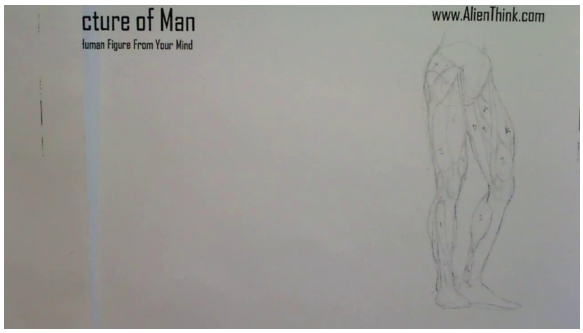
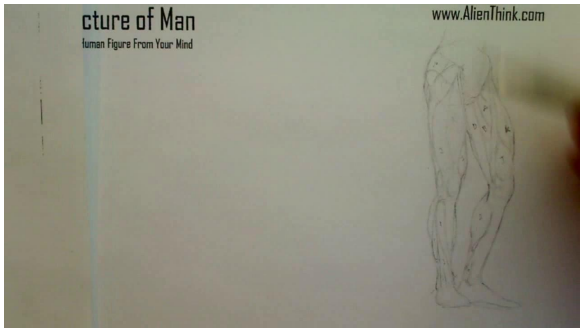
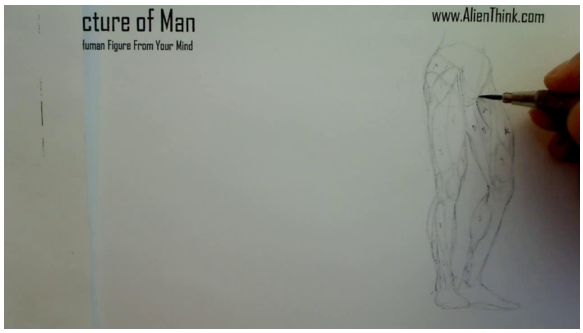
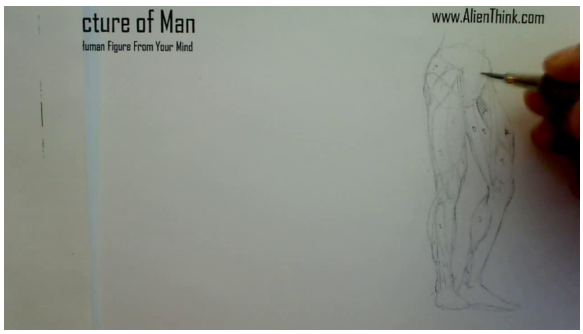
289		and this is going to be very easy.
290		Okay, so we're going to get A over here, right?
291		Just like this, I'm going to put this idea down first,
292		and he's going to be muscle A.

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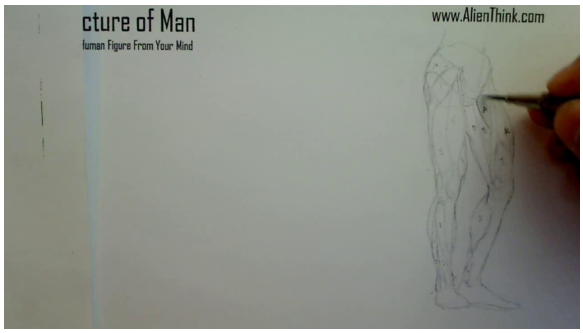
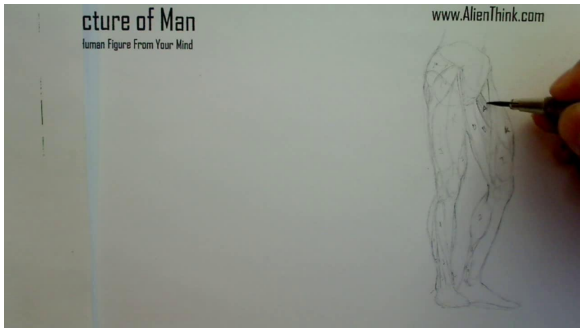
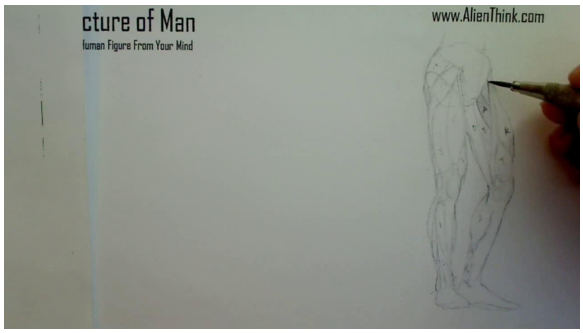
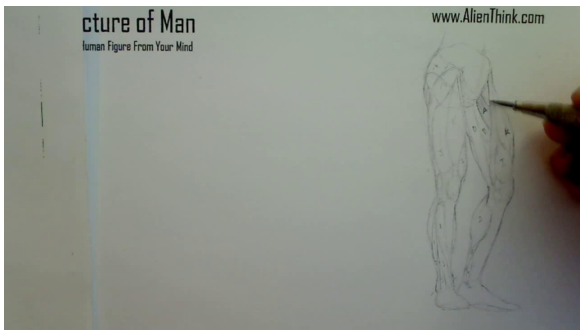
293		Then we're going to get the muscle that just hangs off,
294		that string that we said, and he's the unnamed muscle.
295		Right, so this is part of the many memory management system,
296		but we will always remember him like that.

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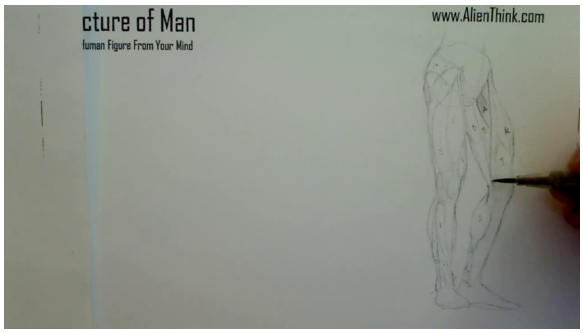
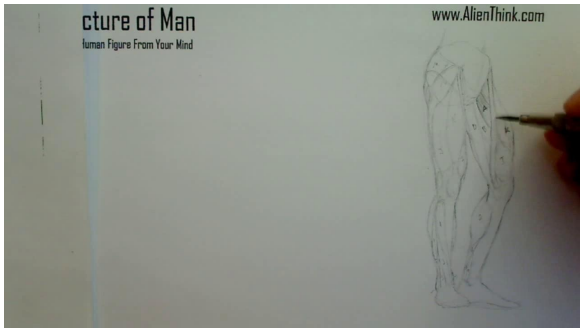
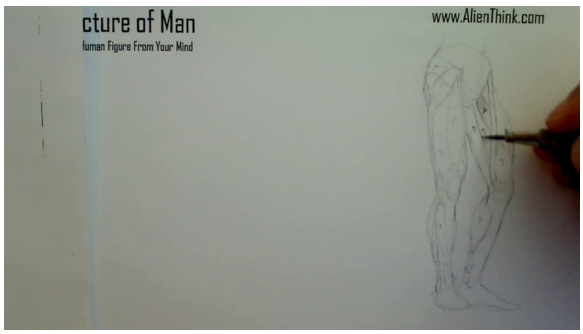
297		He's the guy we couldn't find a name, but that we didn't want to name him.
298		Okay, and that's always going to be a reminder next to A.
299		Don't forget about that guy.
300		Right, so here I'm going to get B.

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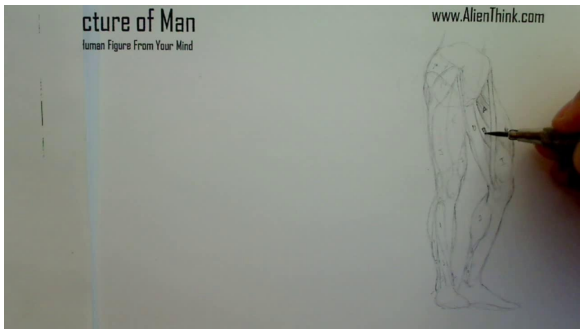
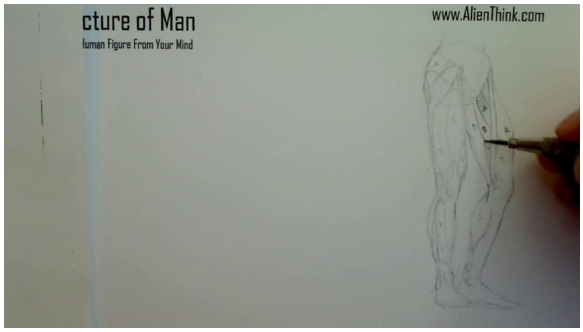
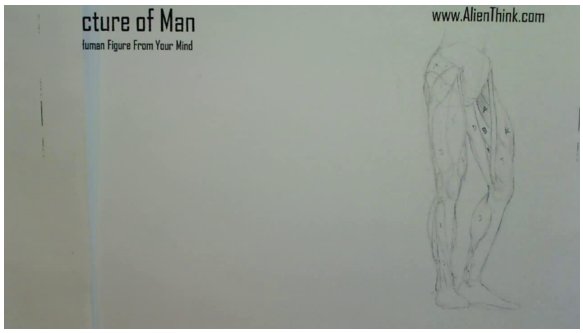
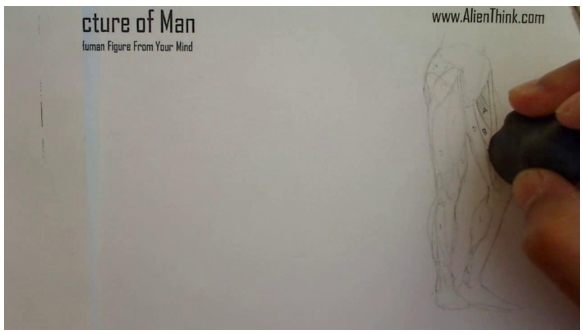
301		Right, so here I'm showing you that in some cases,
302		when you're drawing it, you can get E over here and doesn't hurt to put E.
303		Right, sometimes he'll be there, sometimes he won't be there.
304		Right, really up to you.

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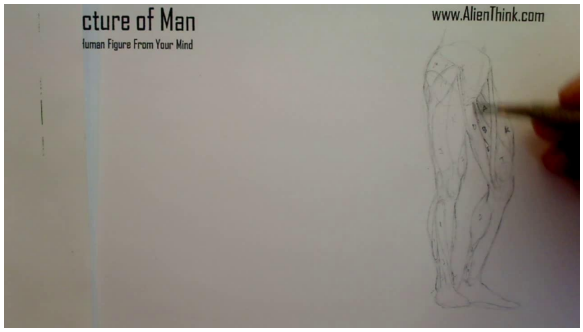
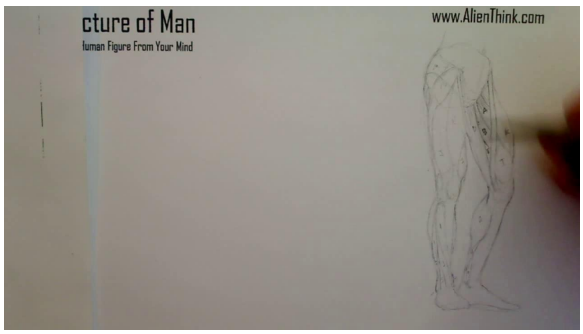
305		And then you're going to get D.
306		Now the thing is, in surface anatomy,
307		these muscles hardly show up.
308		Only it's going to be more about these guys here,

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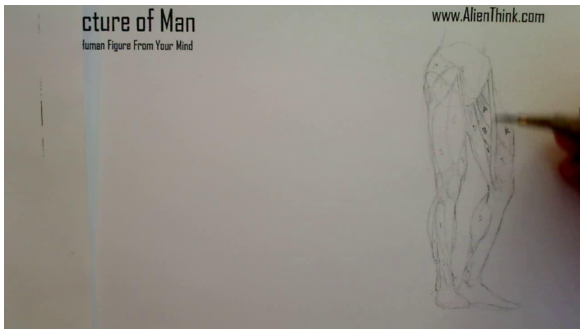
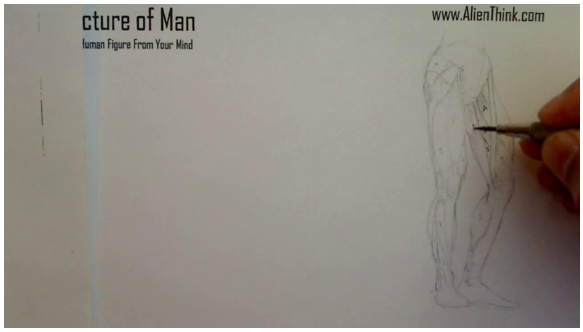
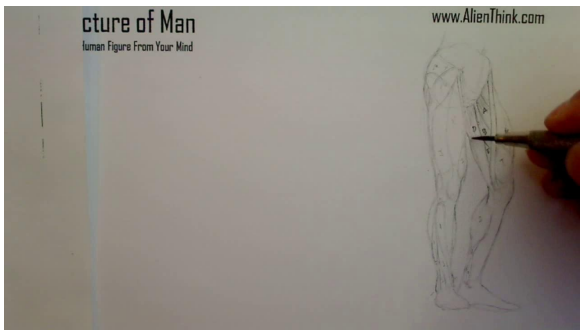
309		and this line here, because this is more of a flat area.
310		But it's important to understand this,
311		if you're doing the character designs or something,
312		you want to know this information.

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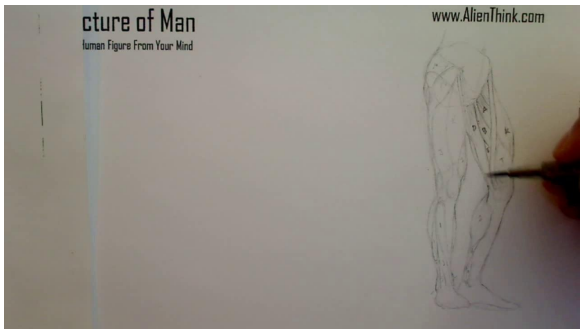
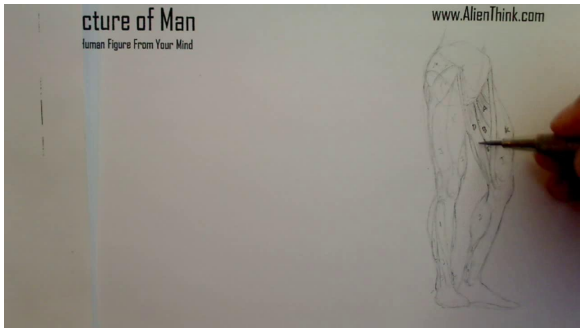
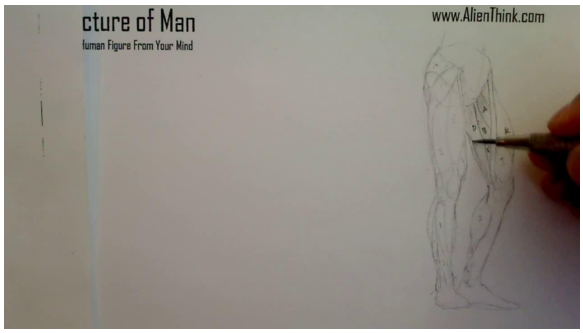
313		As to how all these muscles interact.
314		Right, because on bodybuilders,
315		obviously you're going to see these things happening.
316		Right, so here we're seeing the okay look.

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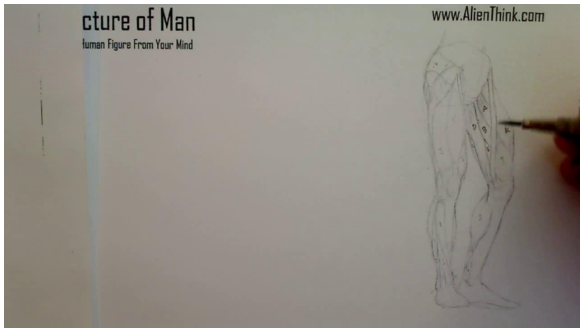
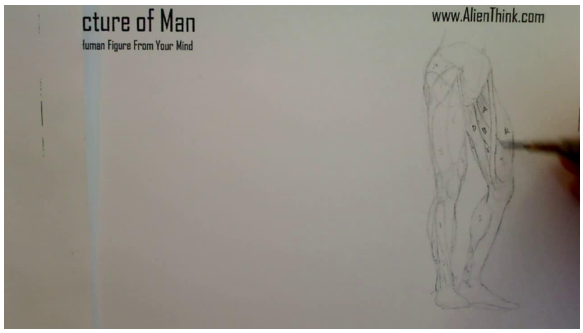
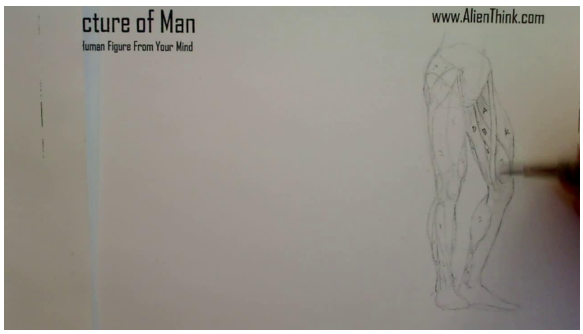
317		In some cases, I just might see G over here a little bit.
318		Right, and then over here, we're just going to get I over here,
319		like this.
320		Right, so I is just going to be a little more bigger.

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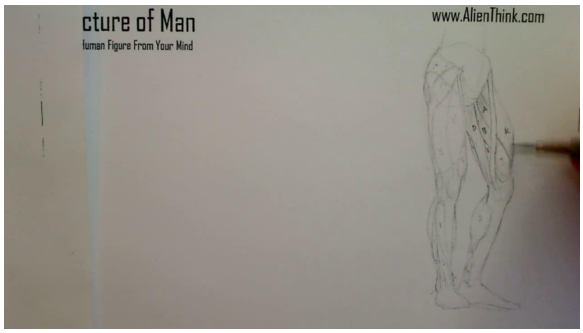
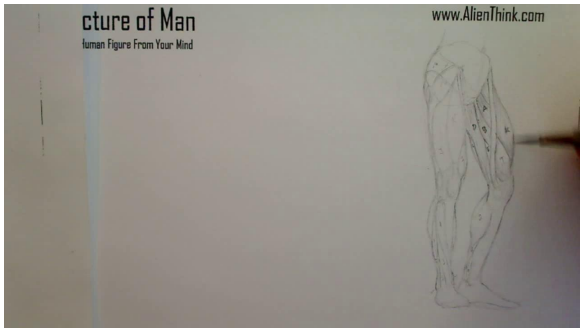
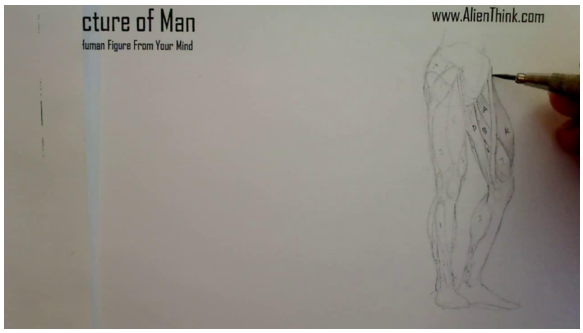
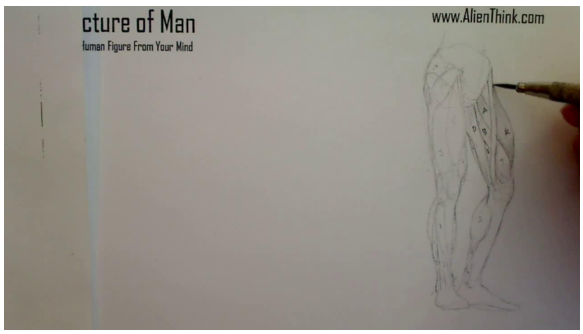
321		And here I'm just going to get K.
322		Notice how the system is dropping, right?
323		The K. See, this strap is in front and then it's K.
324		So this is what's going to create those,

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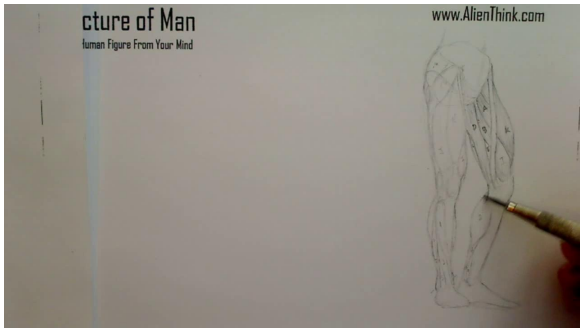
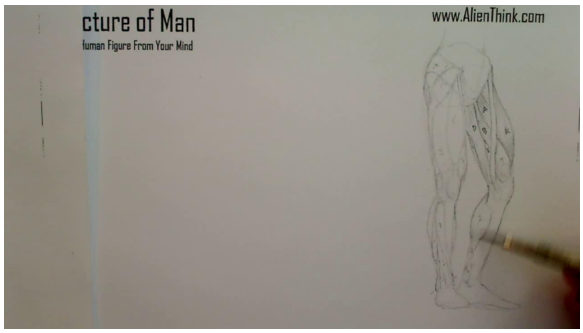
325		give us those control lines over here.
326		So here I'm going to just work on eight,
327		the calf muscle, just like this,
328		and put him down his eight.

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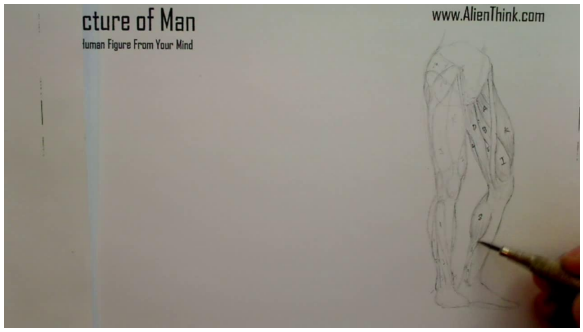
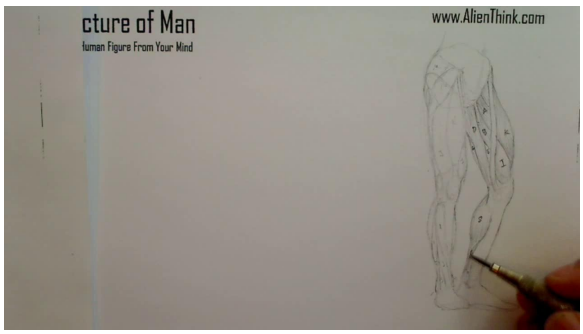
329		Okay, then this is I, this is G.
330		And then here I'm just saying that,
331		okay, look, I'm also going to get six over here.
332		Right, so we'll just fix this up a little quick.

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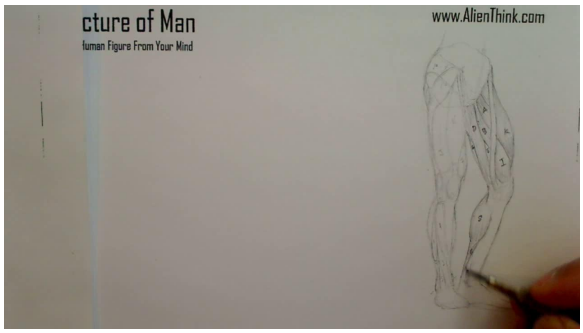
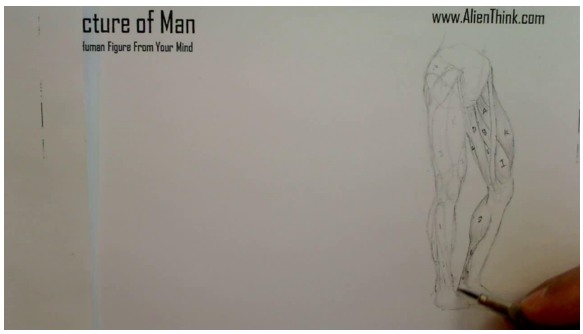
333		This is six now.
334		These are like tiny muscles,
335		so just put him in ten over here.
336		Right, and then he'll get your foot design over here.

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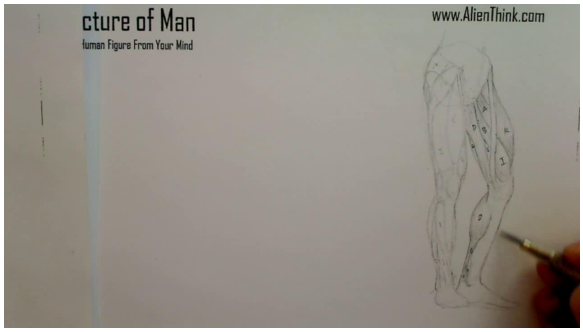
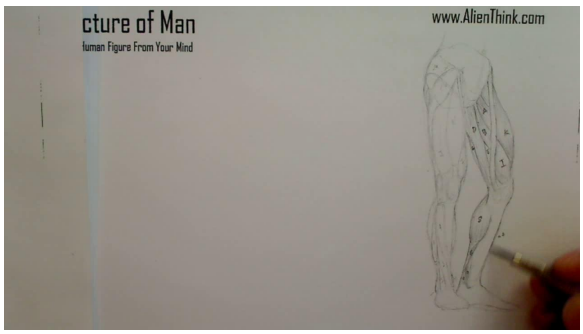
337		And here we're saying that,
338		okay, we've got to remember about four
339		because he comes to the toe,
340		you will get to see a little bit of it.

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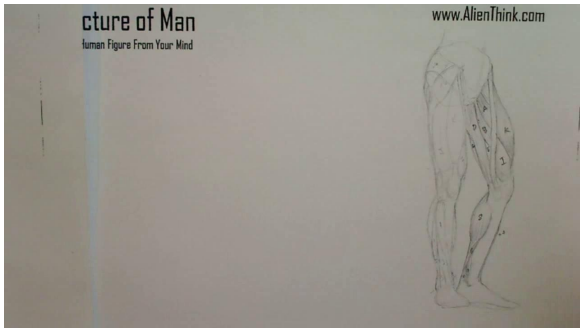
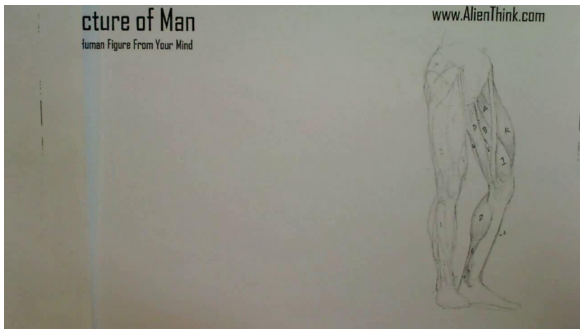
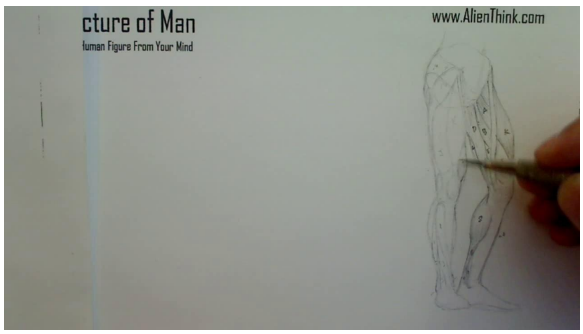
341		Meaning that this is what's going to give that slight curve
342		in the front of the foot of the tibia.
343		Right, so the rest of this stuff is just easy.
344		This is going to be I over here,

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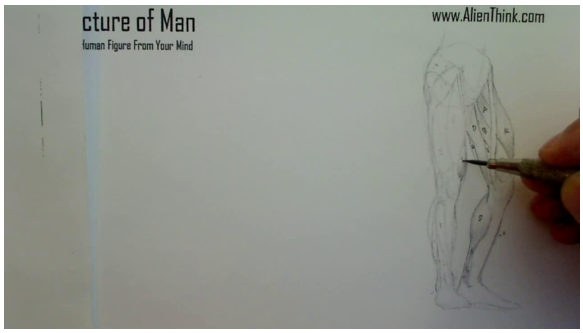
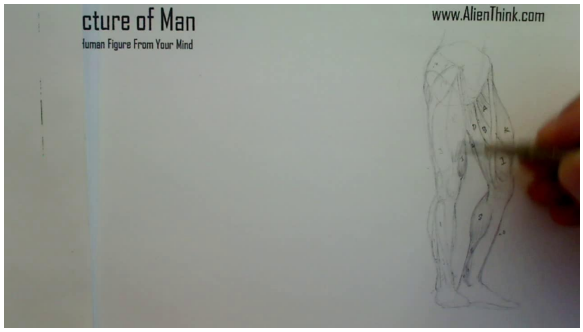
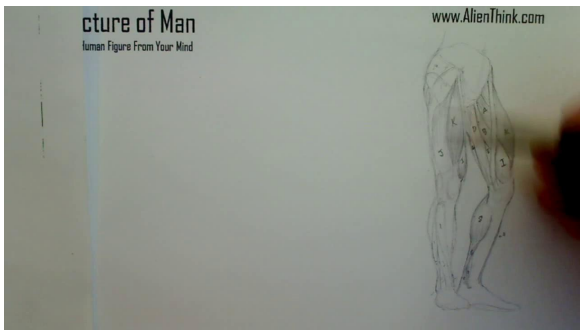
345		put I, and now it's going to be K.
346		That's going to be J over here.
347		Right, so now notice when I do J,
348		the important thing to understand about J

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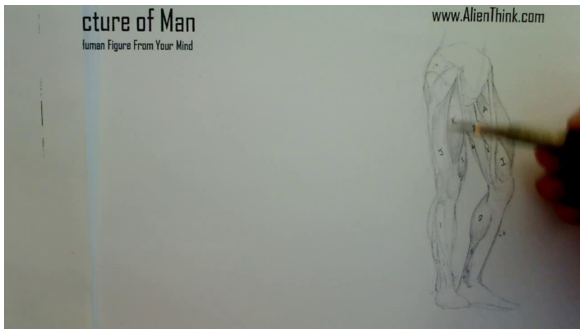
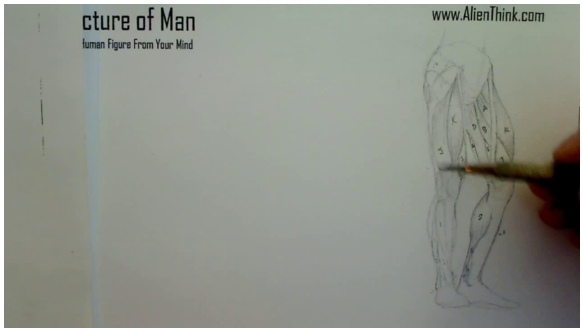
349		is how much in the back this guy goes.
350		Right, so here when we put all this stuff in,
351		we've got to just remember about the strap.
352		The strap is just coming in here.

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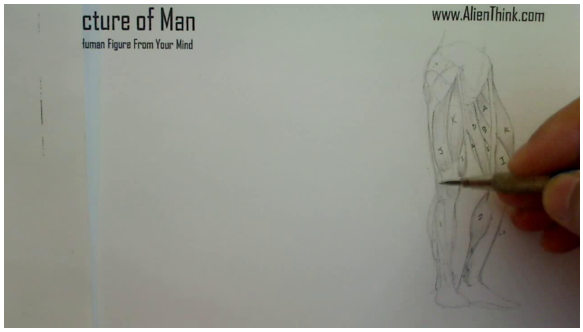
353		Right, we talked about this,
354		and he's really not going to do much,
355		but just understand that strap is going to be there.
356		And then over here,

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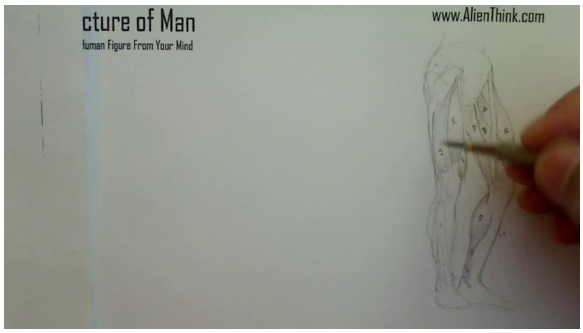
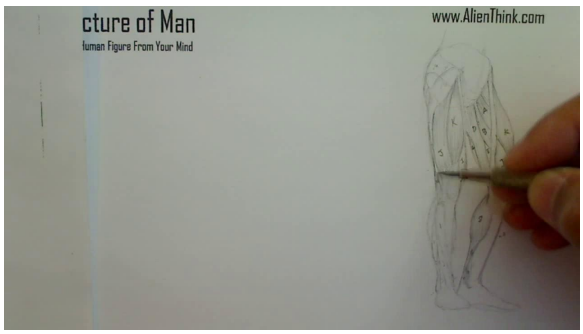
357		we're going to see a little bit of line of H.
358		Right, so H will come here.
359		This is H over here.
360		And it's just going to go here.

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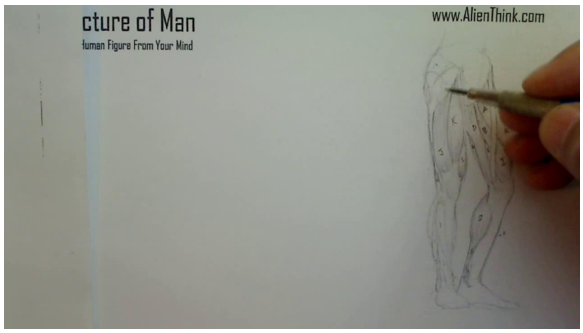
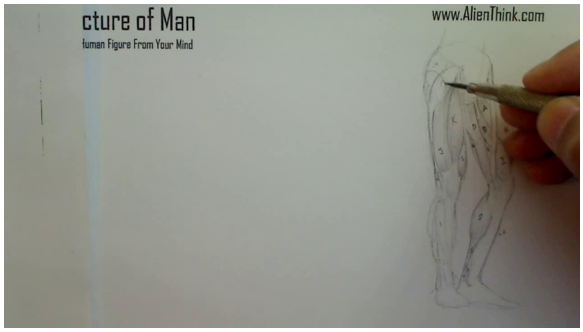
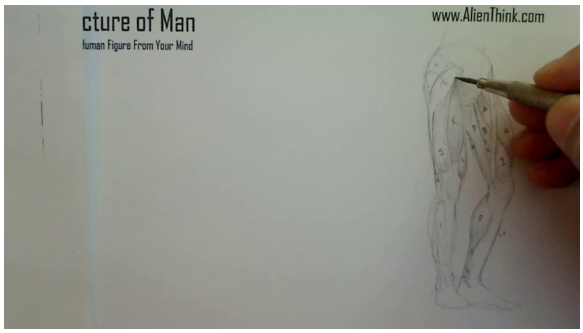
361		So here I'm just going to do N.
362		Right, so remember in the mannequin system, right?
363		This is N.
364		So we know that the black talks is really on that side all the way in.

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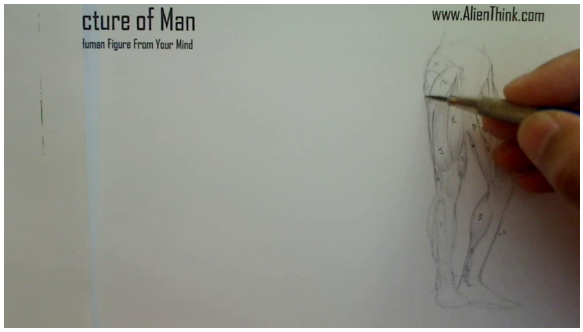
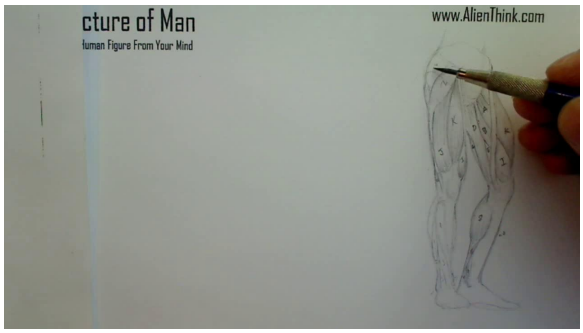
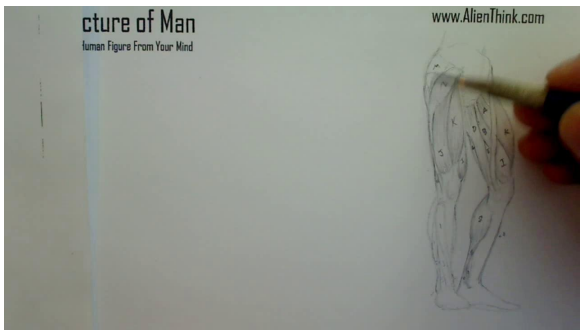
365		Right, so here we're just doing this one,
366		because it needs to come down a little bit more.
367		Okay, so here,
368		we're just going to do N.

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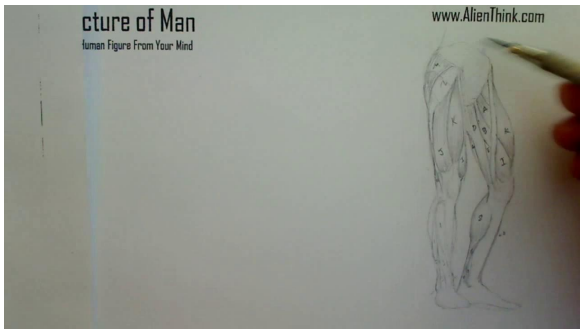
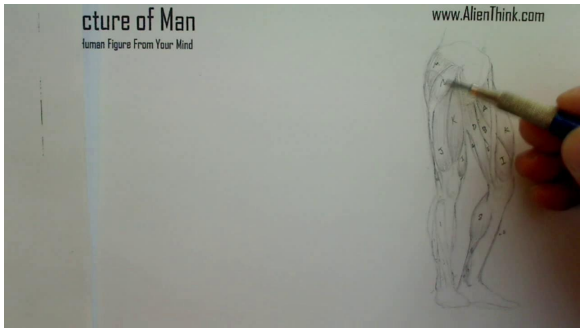
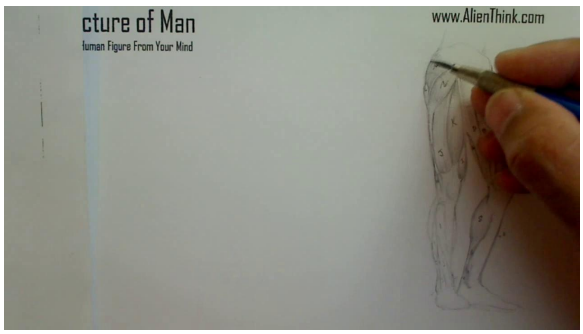
369		It's going to be N over here.
370		And this is, I'm just saying here you're going to see L,
371		but it's going to be more of a dip here.
372		Right, and that's where that comes from.

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373		Right, and the rest of this stuff is very easy.
374		I know about four.
375		Four is just going to come here like this.
376		I'm going to get three.

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377		Right, so notice, I mean,
378		the numbering system, right?
379		It's very easy to remember,
380		but it's not like you have to remember these numbers,

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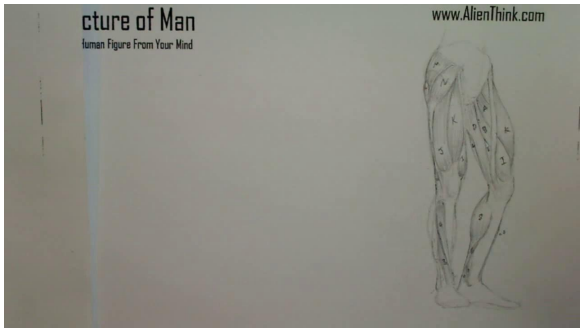
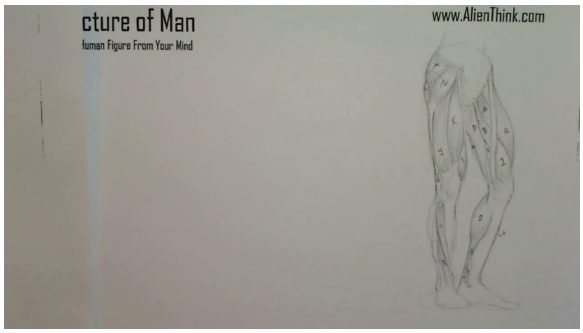
381		because once you understand the concept,
382		you'll know which muscle goes where, right?
383		And it's not a big deal.
384		If you forget the numbers,

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385		we don't care about the numbers.
386		We'll be care about other muscles.
387		Right, and that's what's going to happen.
388		And this is going to be number five.

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389		Okay, and this is going to be over that number seven for the calf muscle.
390		And we're just going to seem like this,
391		but number six, we didn't see.
392		And here we're just saying that,

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393		okay, this number number one just came in the way a little bit over here.
394		And then over here number two is here,
395		but he's right under number one, right?
396		And then you're just going to get this whole system over here.

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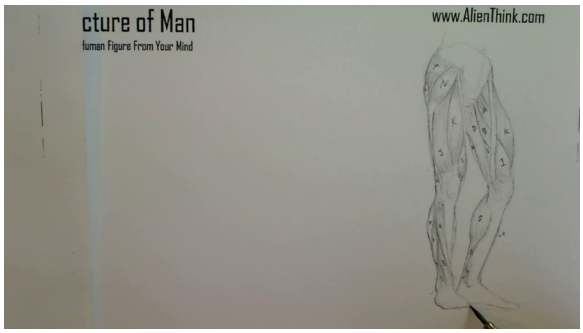
397		Right, so we'll look at the,
398		the, the.
399		We'll look at the foot.
400		Well, it makes sense.

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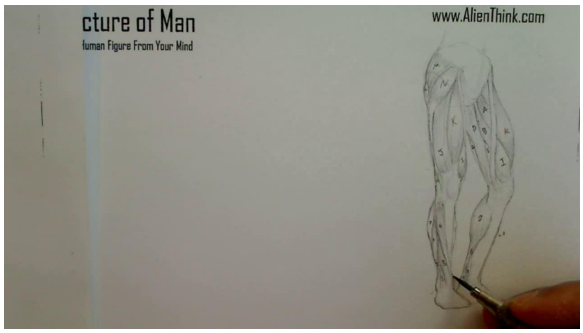
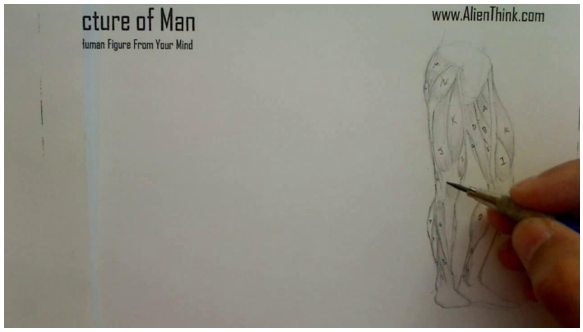
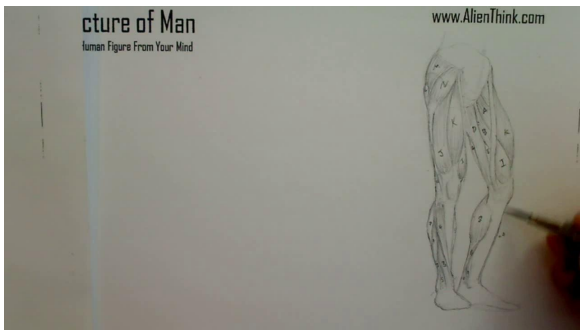
401		Everything will just come together.
402		Right, and here for the knee,
403		I'm just going to do it this way over here.
404		Right, really.

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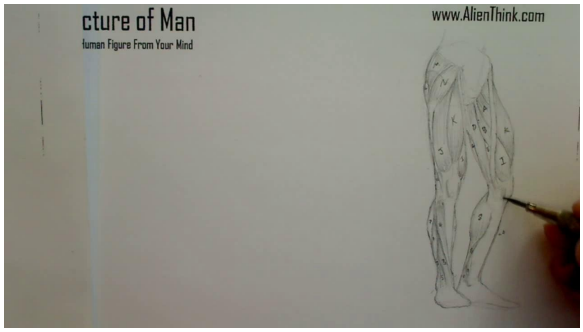
405		Just think about the bone structure here.
406		How to do the knee, right?
407		You know that the,
408		the femur and the tibia like this.

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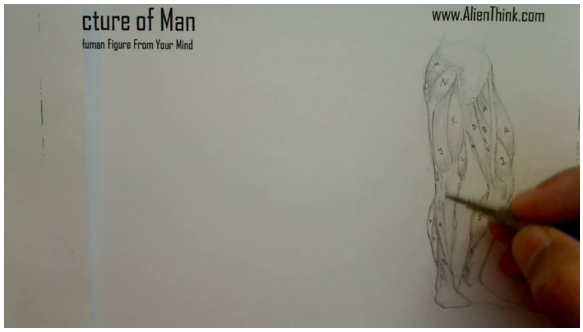
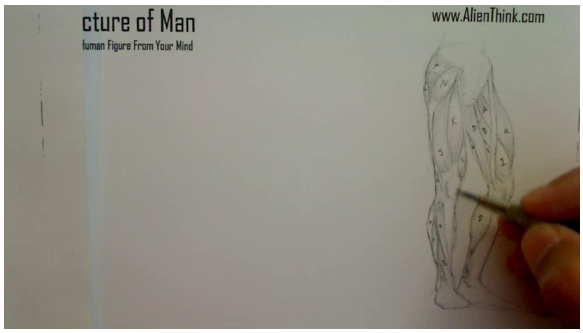
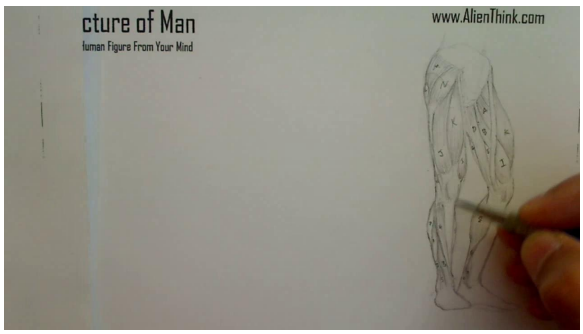
409		Obviously you're going to get like a space in here.
410		And then in that,
411		that ball joined over here.
412		It's just going to be like a strap.

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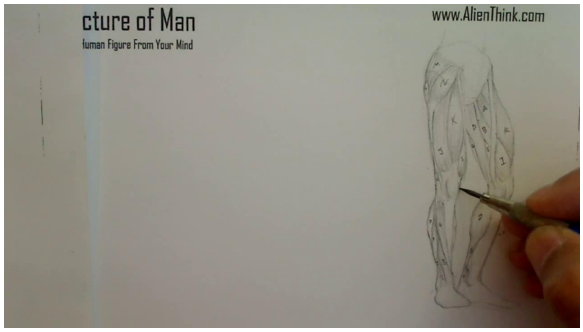
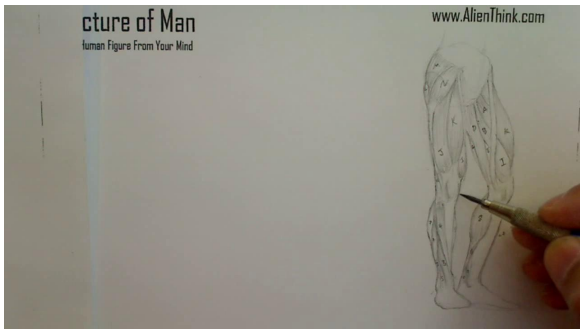
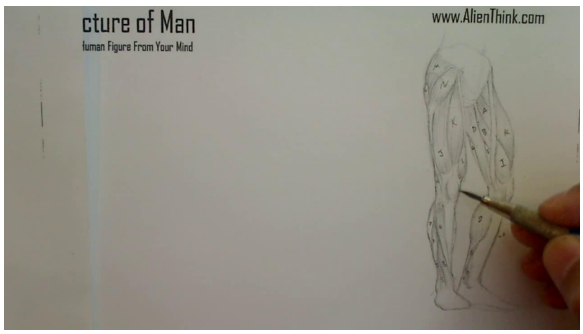
413		Right.
414		Important thing to understand is what,
415		what, what happens here?
416		Remember, so a little bit on the other side.

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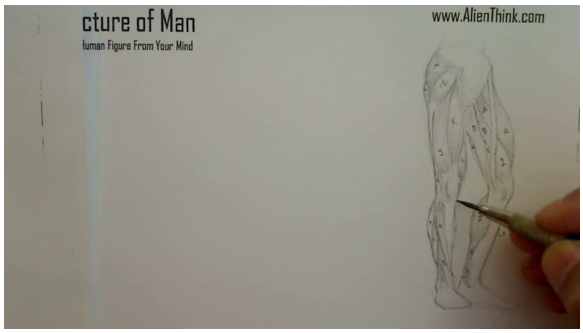
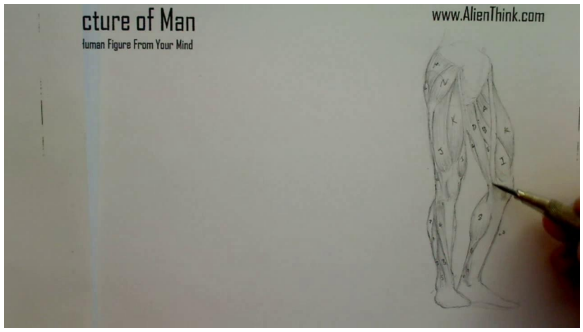
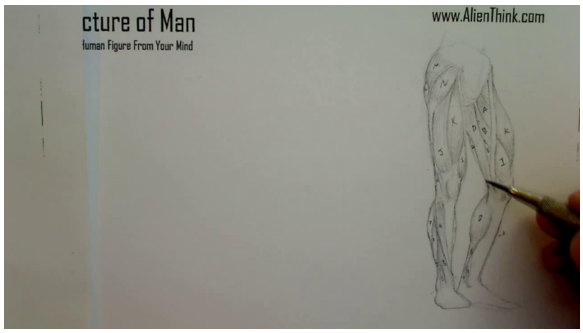
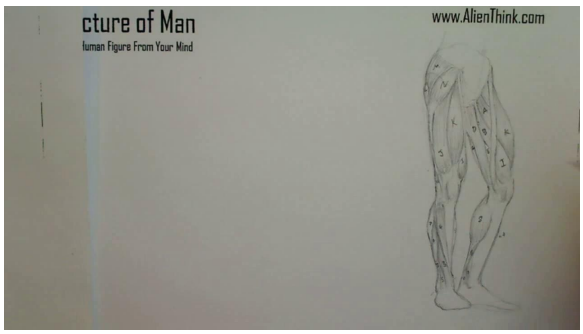
417		So we can't see it.
418		But we got these three systems coming in.
419		Okay.
420		Okay, so here,

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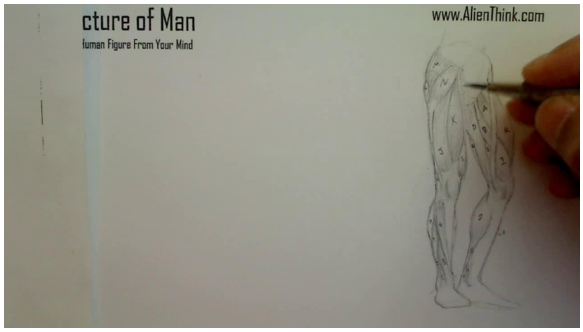
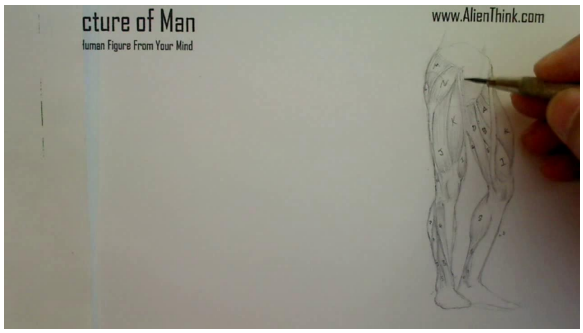
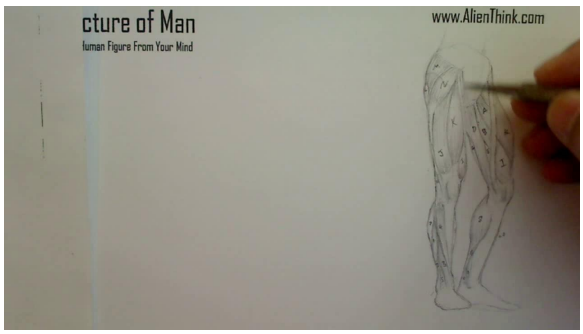
421		what happens in here?
422		What happens in here?
423		Not much.
424		You just put a line here like this showing that this is just a deeper area.

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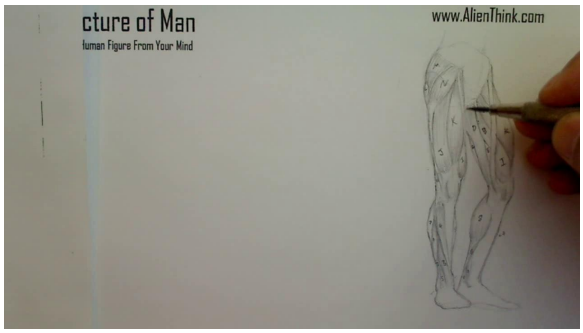
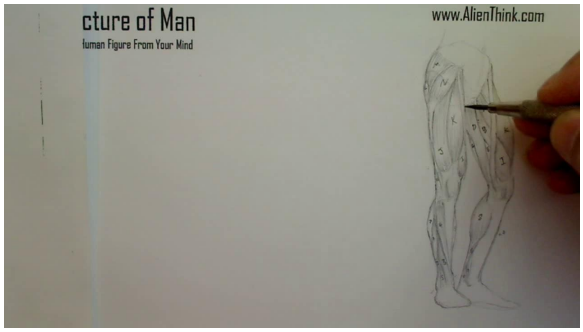
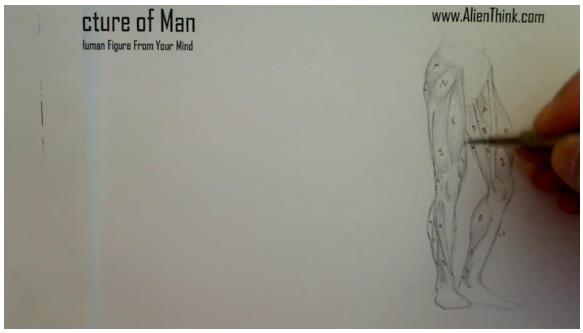
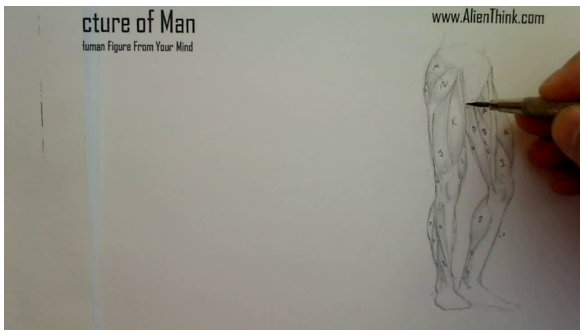
425		And really can't,
426		we, we cannot get to it.
427		Right, there's no way we can get to it because it's really on a curve.
428		It's not going to end up here.

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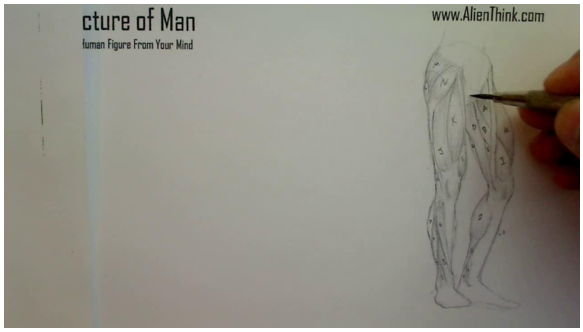
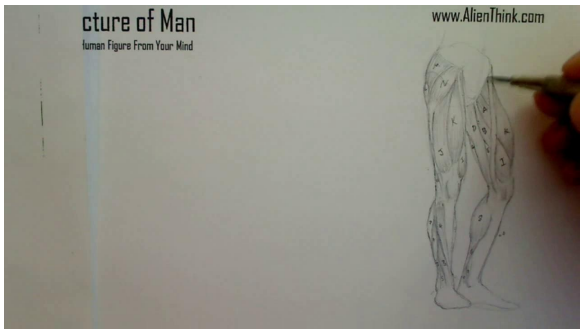
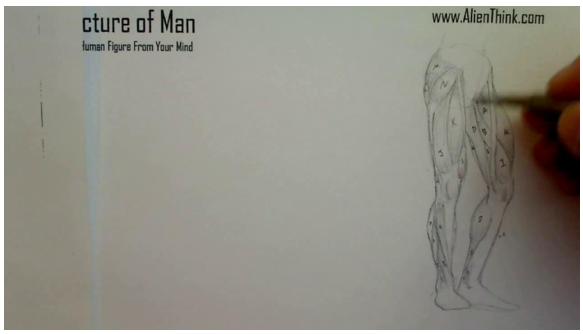
429		It's impossible.
430		Right.
431		And then over here,
432		as I said,

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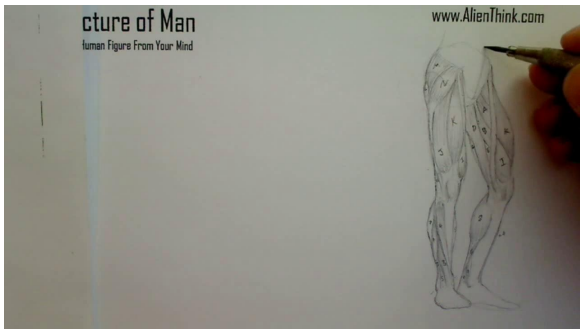
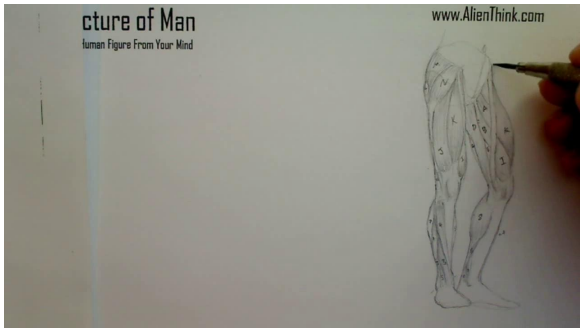
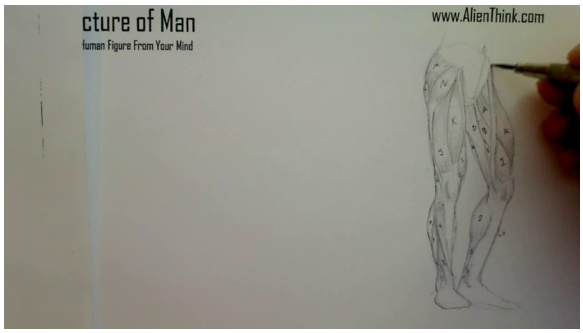
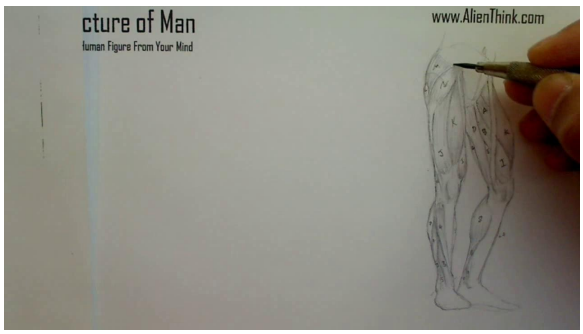
433		you're just going to get your belly,
434		but now over here,
435		and then you're going to get your love handles.
436		Right over here.

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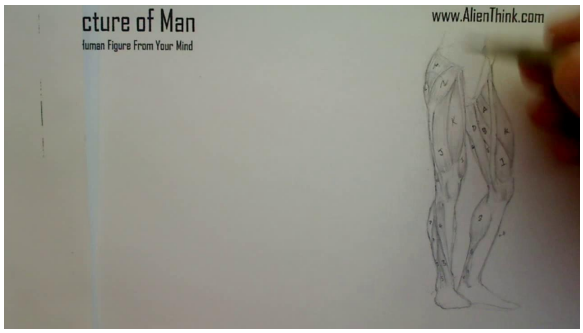
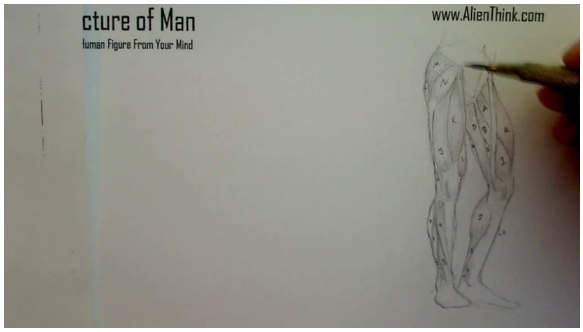
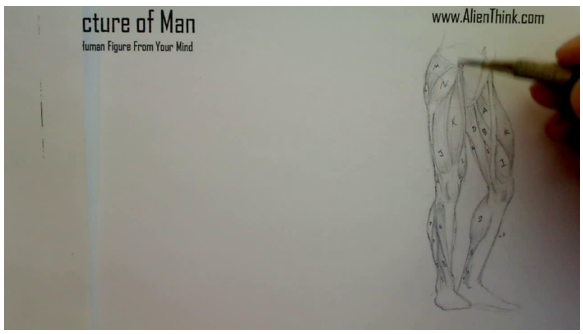
437		Right.
438		So we know that, okay,
439		I'm going to get my,
440		this is starting to make sense

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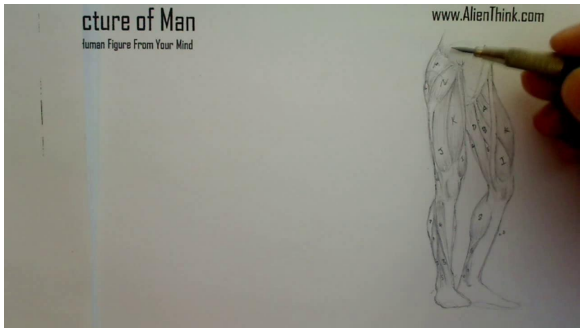
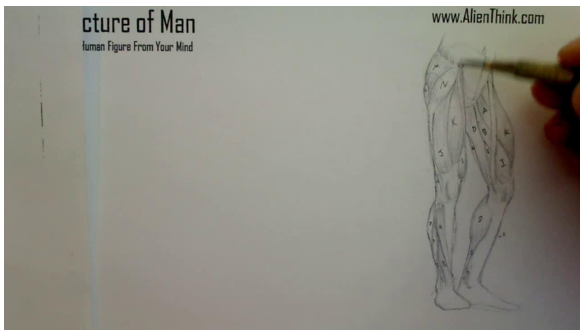
441		because now we're joining these two concepts together.
442		Right.
443		Here's the oblique,
444		the love handles are going in this way.

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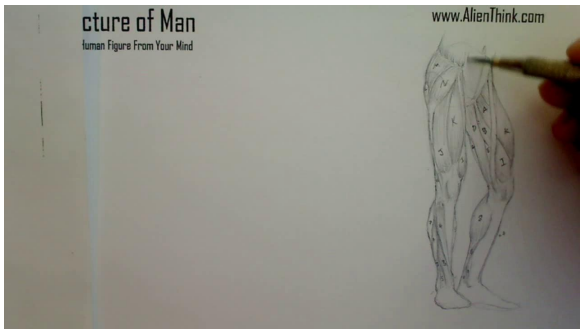
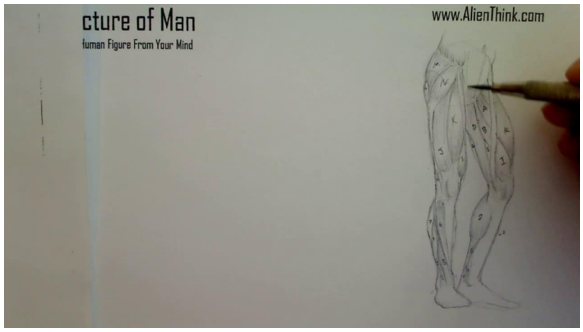
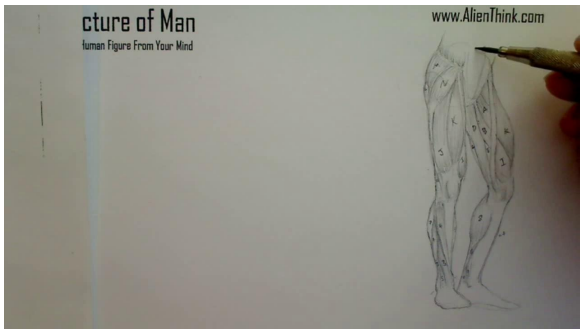
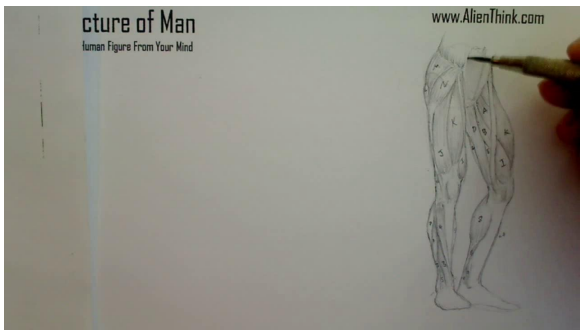
445		And of course,
446		you're going to get your abs over here.
447		Right.
448		So you would know that.

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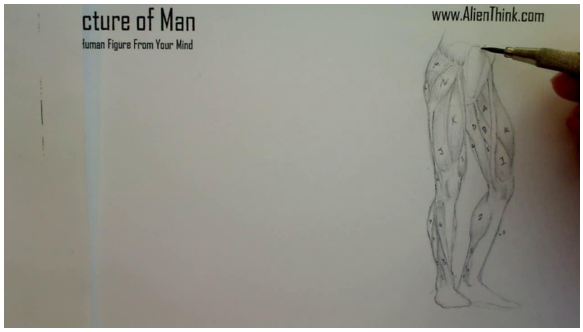
449		Right.
450		The, the, the abs system over here
451		and it's going to come down this way.
452		Right.

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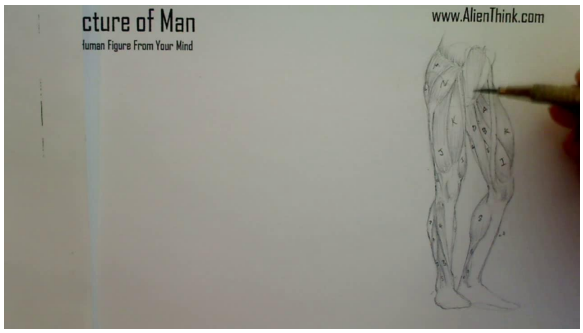
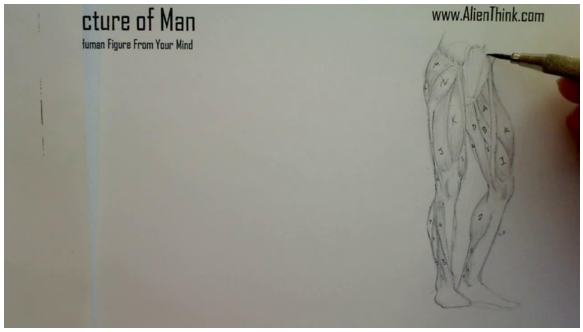
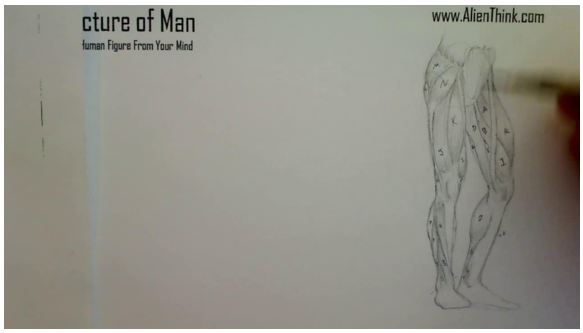
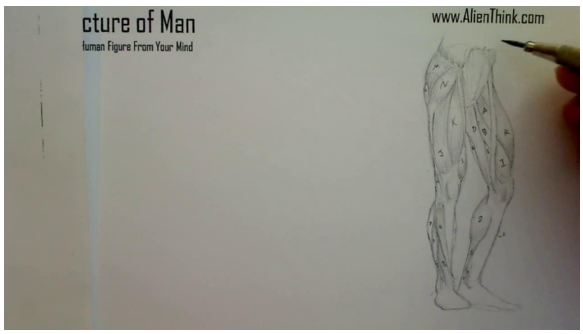
453		All of this makes sense as to
454		how we're, we're joining this step together.
455		Right.
456		Over here.

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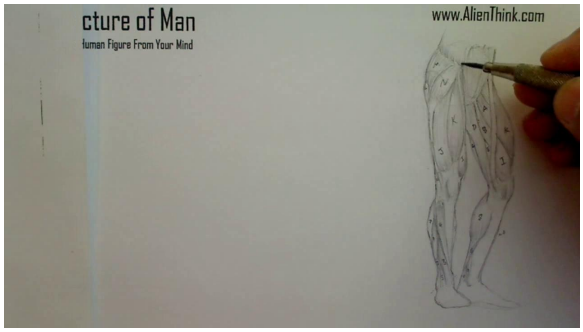
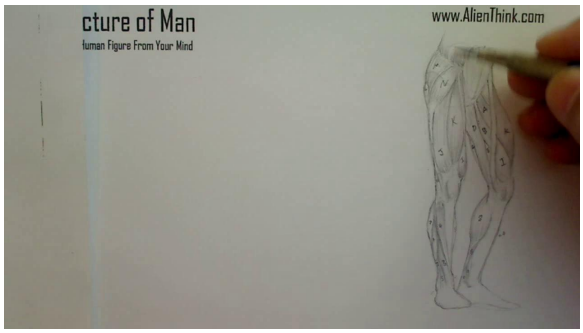
457		And then I'll see you look a little bit of my,
458		of the love handles over here.
459		And then you're back into the same,
460		same way that,

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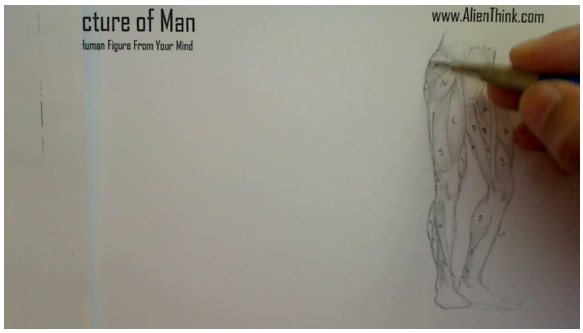
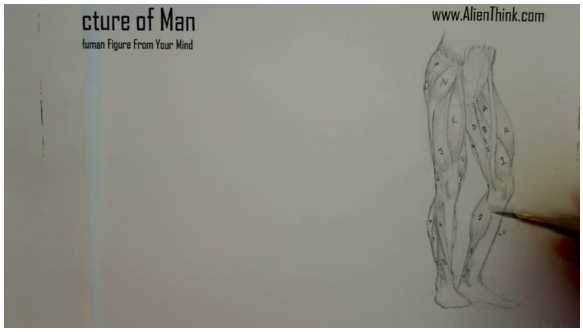
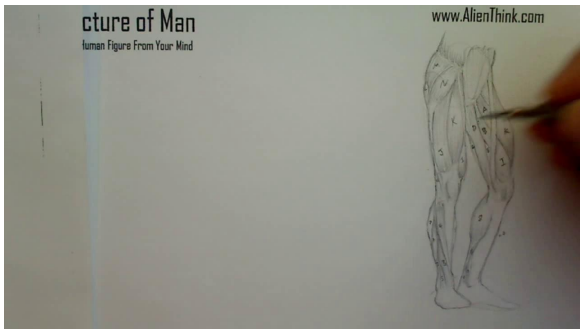
461		where we were at.
462		Okay, so I'll see you in the next lesson.
463		Thanks.

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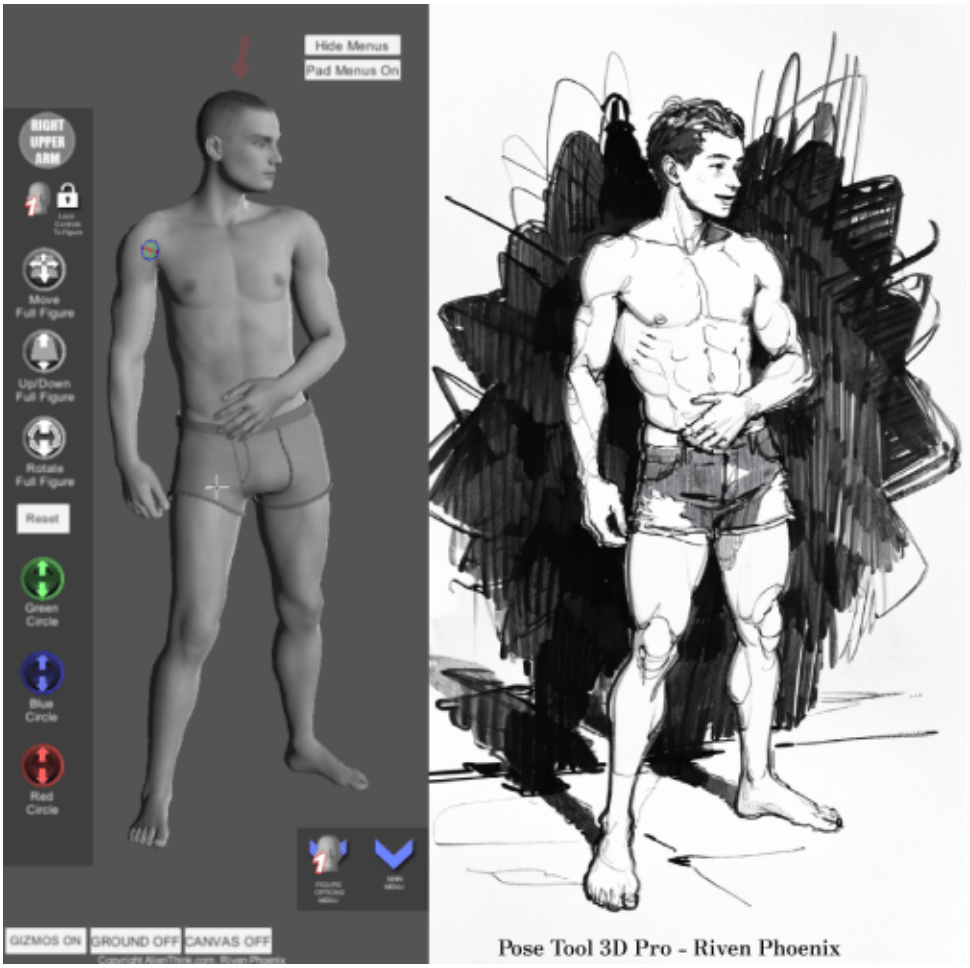

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